

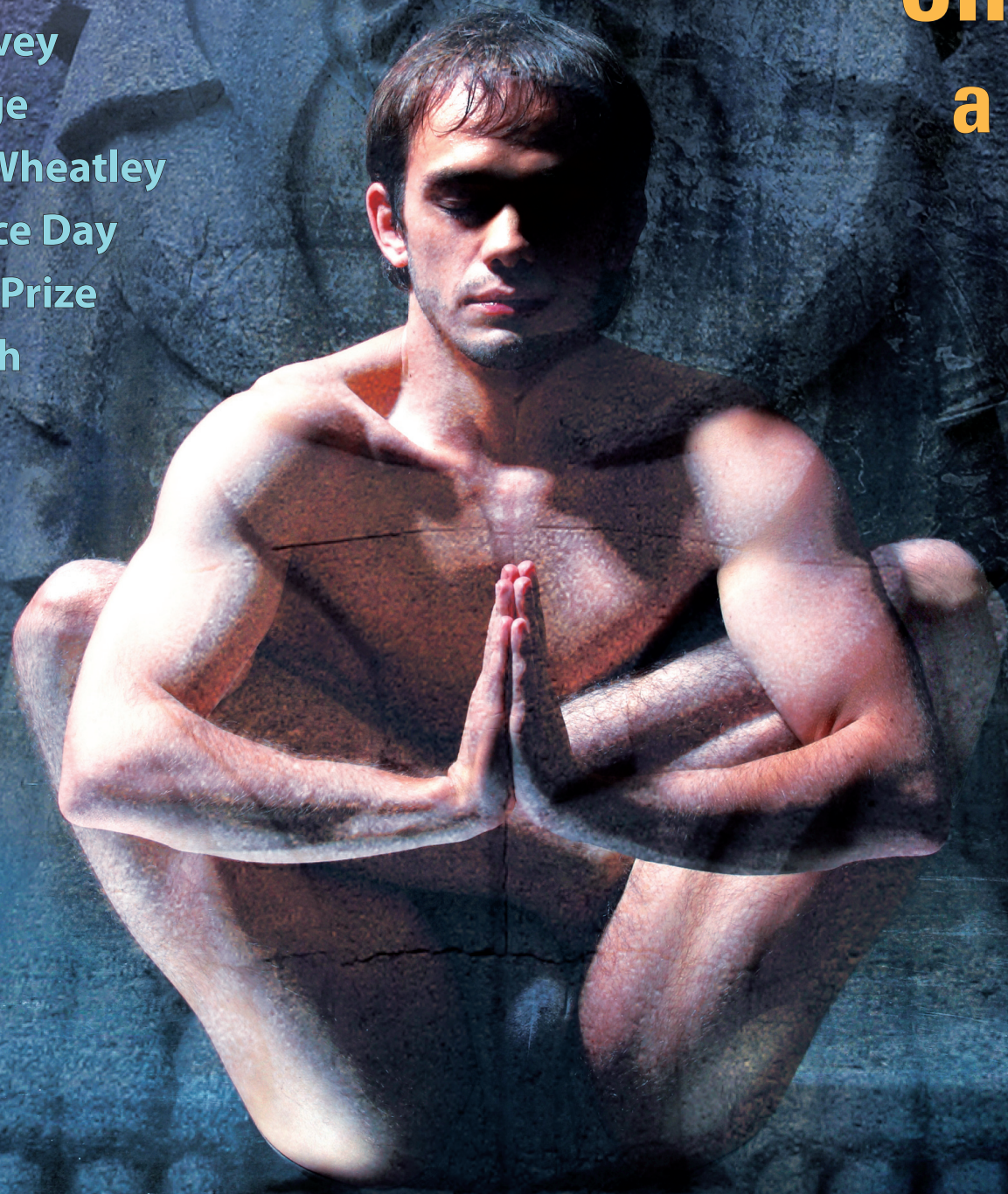
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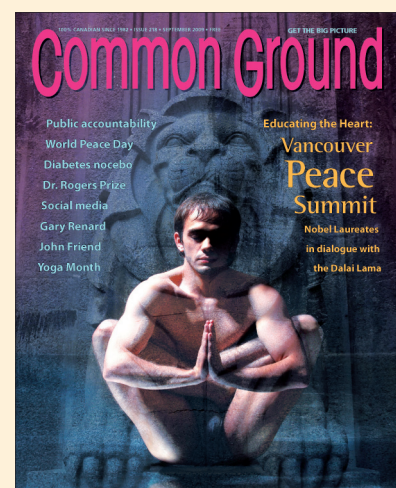
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A right understanding of matters

WRITING ON THE WALL Henry E. McCandless

CANADIAN CITIZENS accepted thousands of preventable deaths and wrecked lives from contaminated blood in the 1980s, and later the need-less deaths of 26 Nova Scotia coal miners in a disgraceful mine. We tolerate wrongful imprisonments across the country and police forces inadequately managed, motivated and trained for interventions. We accept the corporation-driven medical treatment fixation rather than install rules for prevention. We don't require the standards of care for seniors they are entitled to see met, and we don't require facilities to uphold seniors' dignity. We accept government ideology transferring public money to corporations and we don't uphold the precautionary principle for the environment and our natural resources. We accept quiet decline in the competence of Canadian officials and don't question their training and motivation. We tolerate Canadian legislators steadfastly sidestepping the application of public accountability even though it is a society imperative. We allow them in their ritual processes to refuse to grasp the basics of management control for what they oversee, something essential to running their jurisdictions competently. The list goes on and on – and for all countries.

In 1796 George Washington made an important observation: "I am sure the mass of Citizens in these United States mean well, and I firmly believe they will always act well, whenever they can obtain a right understanding of

matters..." It is not clear whether the majority of Canadian citizens seek a right understanding of matters, or simply hope that someone else will fix things, while complaining about them after the fact.

Yet by holding to account fairly and relentlessly, citizens can control what goes on.

Holding to account means extracting the information from authorities that citizens need to gain a right understanding of issues they should deal with. Given the information, and not just data, citizens can more sensibly act to commend, alter or halt what authorities intend. Thus the essence of public accountability is the obligation of authorities to explain publicly, fully and fairly *before the fact* what they intend and why, the performance standards they intend for themselves and those they oversee, and later what resulted from what they did and how they applied the learning available from it. We have failed to install this basic obligation.

Most people think accountability is responsibility, the obligation to act (a related but different obligation). The fraudulently-titled federal *Accountability Act* is a prime example. Or they see it only as explanation after the fact, from financial statements, court cases and inquiries. But financial statements are only a part of public accountability and after-the-fact attention doesn't prevent harm, injustice or irreversible environmental damage. We don't get full and fair public explanation of *continued p.13...*



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The dark side of diabetes control

The relentless drive to measure blood sugar causes illness and wastes money

DRUG BUST Alan Cassels

HEALTH

HERE'S A CRAZY thought: if I tell you that you are sick, you will be. Before you write off this notion, you have to accept that a lot of what happens between our ears determines the state of our health. The "placebo effect," where more than half the time, even the act of undergoing some sort of medical care – such as a sugar pill, a sham surgery or even a doctor's gentle words – can make us feel better. The expectation of getting better is harnessed to make us better. Crazy? Not quite.

To complicate things, consider the opposite – the "nocebo effect" – which is also at work. When patients in a clinical trial are told that a treatment could produce unpleasant side effects of a particular sort, those are the ones the subjects tend to report. Humans are very susceptible to both the good and bad effects of treatments. Unfortunately, there isn't a lot of nocebo research because it isn't considered ethical to test treatments to see how much harm they can cause. What little research there is, however, suggests that, like the placebo, a nocebo effect does exist and it can be a powerful determinant of health.

To me, the concept of the nocebo helps frame my thinking around medical labels, which are often too quickly dished out by our medical system and which also determine the type of treatment we get. The person who is overweight and eats poorly develops a malfunctioning metabolism and is thus declared a type-2 diabetic. That person might be healthy in every other way, but his wonky blood sugars

now have a new label and the person is declared unhealthy with a dark cloud hanging over his head.

Such labels could be positive if they automatically set the person upon the road to health. Yet a lot of research on labelling, notably from other fields, such as criminal justice and mental health, demonstrates how negative labels can influence people's self-perceptions. A medical label itself may or may not be helpful, but it most certainly leads to treatment, and

and the eagerness to 'control' it, becomes a disease in and of itself. High blood sugar, like high blood pressure and high cholesterol, is only a worry because it is a risk factor for future disease – one that may lead to other medical complications down the road, such as blindness, kidney failure or amputations, which may occur with severe diabetes.

Any newly diagnosed type-2 diabetic would be offered dietary and exercise advice (both necessary and good), pre-

blood sugars – using drugs or insulins – can lead to hypoglycemia, or dangerously low blood sugars, which can sometimes be fatal.

Here comes the million-dollar question: How often does this self-testing need to be done? That question is at the heart of a controversy and the backdrop to the belief, held by many physicians, endocrinologists and diabetes educators, that patients with diabetes could significantly benefit from tighter control of their blood sugar. Which is to say more and more frequent self-testing.

Could the label of type-2 diabetic, combined with recommendations to frequently self-test, act as a nocebo, inducing fears of mortality and making people sicker? The use of test strips in the population is skyrocketing and there are concerns that some people are testing their blood sugars as many as six or eight times a day, even when there is no medical rationale for doing so. There is some research emerging that indicates more frequent testing can cause greater levels of depression and anxiety and perhaps lead to worse health outcomes – not better ones.

This controversy came under the spotlight last year when a national group in the US that sets medical guidelines suddenly withdrew a diabetes guideline after research found that aggressive control of blood sugar could harm patients or even kill them.

So who and what are behind the push to test and retest our blood sugars? We know that repeated testing is very good for the multi-billion-dollar diabetes industry whose profits have grown enormously over the years as the numbers of people wearing the type-2 diabetic label continue to climb. We now have the industry-created term "pre-diabetes," which, as far as I can tell, is a way to fear-monger people even before they are stuck with the new label. This rise in new type-2 diabetics is of great interest to marketers of all kinds, eager to exploit new markets for glucose test strips, glucometers, drugs, insulins and other diabetes paraphernalia.

The experts down at the Canadian Diabetes Association (CDA) admit there's no clear idea of how often a person should carry out self-monitoring of blood glucose for patients who are not taking insulin. According to the CDA, "Self-monitoring should be individualized according to the type of treatment and level of control."

This recommendation counters a report put out this summer by the Canadian Agency for Drugs Technologies in Health (CADTH), a publicly funded agency that

Some research suggests that trying to drive down your blood sugars – using drugs or insulins – can lead to hypoglycemia, or dangerously low blood sugars, which can sometimes be fatal.

in our medical system, that treatment is usually a prescription drug of some sort.

Some patients trying to figure out what is wrong with them may be grateful when their physician provides a label and a course of corrective action. But what if the prescribed road to recovery means the beginning of more problems?

Imagine you've just been declared a type-2 diabetic, a condition one typically develops as an adult, which is often due to (and hence largely controlled by) one's diet and level of exercise. The disease is characterized by the body's inability to process insulin; excessive weight, poor diet and genetics are all contributing factors. Type-2 diabetics have difficulty processing blood sugars. Yet what actually happens is that the blood sugar level,

scription drugs (somewhat helpful to control blood sugars, but not all that helpful in preventing complications) as well as blood test strips and glucometers (to measure their blood sugars). These new patients would be taught to pierce their fingers, sometimes several times a day, in order to test their blood sugars.

While a person's blood glucose level goes up and down throughout the day, new diabetics need to learn how to find their personal 'normal' range and then modify it. The Canadian Diabetes Association recommends that all diabetics should aim to get their blood sugars down below seven percent hemoglobin A_{1c}, which is a laboratory measurement of blood glucose. Some research has suggested that trying to drive down your

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produces weapons-grade evidence on the value of drugs and technologies. CADTH scientists determined the “routine use of blood glucose test strips for self-monitoring of blood glucose is not recommended for most adults with type 2 diabetes.” They even went on to say if you are not taking insulin, but might be taking oral antidiabetes drugs, self-monitoring will not lead to any better blood sugar control. Basically, you are wasting your time.

The Canadian Diabetes Association, despite some outstanding work supporting diabetes care in Canada, has a tendency to come down with an “industry-friendly” take on things, especially when drugs or devices (and the CDA’s funders) are involved. On other issues, the CDA lobby tends to align with its pharma funders, and we’ve seen it influencing provincial drug plans on a whole range of things, especially in trying to get public coverage for new drugs and devices like insulin pumps. It’s not like we haven’t seen this before: a disease group whose priorities get somewhat addled due to its pharma funding and which ends up adopting an opposite position to the best evidence available.

At the end of the day, I wonder what governments can do. Other researchers in Canada, who have examined spending patterns related to blood glucose test strips, have concluded that about half the patients using these test strips are considered at low risk for hypoglycemia and are probably using these strips unnecessarily. These researchers have come to similar conclusions as my own: that excessive testing of blood glucose in type-2 diabetics is costly; much of it is unnecessary and it’s probably harmful.

This might not matter if we weren’t in economic trouble everywhere you look, but the costs of irrational blood testing are staggering. With each test strip costing about one dollar, and with thousands of type-2 diabetics in BC, possibly test-

ing themselves several times a day, the BC taxpayer is probably wasting in the neighbourhood of \$50,000 a day on useless and likely harmful blood test strips. That amounts to about \$18 million per year. In BC, the revenue paid out for blood test strips puts them in the top 20 most costly items on the formulary.

Doesn’t our health system have many other things we could spend \$50,000 per day on?

Even with type-2 diabetes, we know nothing works better than proper diet and exercise so wouldn’t this wasted money be better spent on more exercise and diet-based approaches to staving off the ravages of diabetes? I think so.

The issue comes down to political will and my question is this: do governments in Canada have the courage to stand up and create policies based on the best evidence or will they continue to roll over and allow the taxpayer to get screwed by the interests of experts and disease groups?

In many similar situations, where there’s evidence of useless and potentially harmful healthcare spending, we all wish that our elected officials would look for the best way to use our healthcare dollars. In BC, with a \$2 billion deficit on the horizon, you’d think our public decision makers might want to stop paying for test strips. That’d be a start, at least.

In the meantime, watch out for those labels. Make sure that any label that someone wants to apply to you doesn’t come with a downside. There are lots of nocebos out there waiting to make you feel worse than you already do.



Alan Cassels is the author of *Selling Sickness and the ABCs of Disease Mongering* and a drug policy researcher at the University of Victoria.



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Go meatless one day a week

NUTRISPEAK Vesanto Melina MS, RD

GOING VEGETARIAN, at least one day each week, is becoming the “green” thing to do worldwide. In Israel, upscale restaurants promote “Vegetarian Mondays,” an initiative that encourages people to explore veggie options and contributes to the fight against global warming. Sir Paul McCartney has been promoting a similar program in Britain and Australia. In the US, the Johns Hopkins Bloomberg School of Public Health in Baltimore sponsors “Meatless Mondays” to help Americans eat healthier foods, which are also easier on animals and the environment.

Earlier this year, the federal environment agency in Germany asked people to return to pre-war norms of eating meat on special occasions only and to otherwise model their dietary habits on people in Mediterranean countries. The number of vegetarians in Germany increased from 0.4 percent in 1983 to approximately 10 percent a quarter century later.

action is required to remedy the situation. Animal products and dietary choices prove to be bigger contributors to global warming and climate change than our choice of transportation.

In the *Live Earth Global Warming Survival Handbook*, author David de Rothschild cites the refusal to eat meat as the “single most effective thing you can do to reduce your carbon footprint.” It takes significantly less water, land, grain and other resources to produce a plant-based diet than a meat-based one.

A vegetarian diet has a lot going for it. According to the American Dietetic Association’s literature, “A vegetarian diet is associated with a lower risk of death from ischemic heart disease. When compared with non-vegetarians, vegetarians have lower low-density lipoprotein cholesterol levels, lower blood pressure, lower rates of hypertension, less type 2 diabetes, lower overall cancer rates, and less obesity. Dietary features that may

de Rothschild cites the refusal to eat meat as the “single most effective thing you can do to reduce your carbon footprint.”

In the Belgian city of Ghent, officials established Thursday as the day to go meatless (*Veggiedag*). In this city of a quarter-million people, the mayor asked fellow civil servants to abstain from meat every Thursday; restaurants extended their vegetarian menus and vegetarian meals will be served in city schools. This seems to be an appealing solution for those who wish to reduce their meat consumption for health or environmental reasons, but who don’t want to give up meat altogether. All the restaurants approached to participate in the Israeli campaign accepted enthusiastically and they’re coming up with creative, interesting vegetarian dishes.

This wave of enthusiasm was powered, in part, by environmental concerns and a love for our planet. A report by the World Resources Institute (www.wri.org) indicates how important it is that everyone reduces his/her meat consumption in order to help halt water pollution, climate change and other environmental problems.

This follows the Food and Agriculture Organization of the United Nations’ (FAO) paper “Livestock’s Long Shadow,” which concluded that the meat industry is one of the most significant contributors to today’s most serious environmental problems and that urgent

reduce risk of chronic disease include lower intakes of saturated fat and cholesterol and higher intakes of fruits, vegetables, whole grains, nuts, soyfoods, fibre and phytochemicals.”

If you’re inspired, pick one day a week not to eat meat. When you have comfortably made that transition, try it for two days a week. To explore your options in the Vancouver area, visit Earthsave’s website at www.earthsave.ca. The organization has started the Vancouver Meatless Meetup group, which serves as an introduction to local potlucks, dine-outs, film showings and other events (see www.meetup.com/Vancouver-Meatless-Meetup).

For veg-friendly dining in BC, check out www.happycow.net and www.vegining.com (if you know of more choices in the province than those listed, please contact these websites so they can update their information).

Vesanto Melina is a dietitian and author of nutrition classics, including Becoming Vegetarian, the Food Allergy Survival Guide, Becoming Vegan and the Raw Food Revolution Diet. To book a personal consultation in Langley, call 604-882-6782. www.nutrispeak.com.

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Prize honours alternative medicine

THE \$250,000 Dr. Rogers Prize for Excellence in Complementary and Alternative Medicine highlights the important contributions of researchers, practitioners and others in this field. Funded by Vancouver's Lotte and John Hecht Memorial Foundation, the Dr. Rogers Prize is awarded every two years and is the largest of its kind in North America.

A 2006 study showed Canadians spend over \$5.6 billion on complementary and alternative medicine and 54 percent of Canadians use these therapies and services. CAM is providing new choices for patients looking to complement traditional medical treatments, or to seek alternative options. As an expanding field, those who work within the field of CAM are pioneers who dare to push the boundaries in pursuing new – and even unfamiliar approaches – that come under



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The Dr. Rogers Prize recognizes those who embody the same level of vision, leadership and integrity as that of Dr. Roger Rogers. As a Canadian pioneer in CAM who was among the first to provide non-traditional therapies for cancer patients, Dr. Rogers was appointed to the Order of British Columbia in recognition of his ground breaking work.

As the largest of its kind in North America, this prize attracts experts who are at the top of the field both as candidates and as Jurors. "To choose this year's recipient, we are very pleased to again have an independent jury of five internationally renowned CAM experts," says Nancy Baxter, Dr. Rogers Prize Coordinator. Among the five-member jury is Canada's own Dr. Simon Sutcliffe, vice chair of the Canadian Partnership Against Cancer and Dr. James Gordon, who has just published *Unstuck*, a book on non-drug approaches to address depression.

The Dr. Rogers Prize will be awarded at a gala award ceremony and dinner in Vancouver on

September 25th. The evening gala follows the first ever Dr. Rogers Prize Colloquium, where more than 20 top Canadian and international experts will gather that afternoon to share their ideas on "Evidence & Integration."

Events: Dr. Rogers Prize Colloquium – Free event, Friday September 25, 1-4:30PM, Morris J. Wosk Centre for Dialogue, Simon Fraser University, downtown Vancouver. Registration for this event is by reservation request. **Dr. Rogers Prize Award Gala:** September 25, 6PM, Fairmont Waterfront Hotel, \$150. For information/registration for both the Colloquium and the Prize Award Gala, visit www.drrogersprize.org

10 most frequently reported medical conditions for which CAM is used:

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the intentions of the directing minds of authorities such as governments and the agencies they control because the requirement, if seen headed into law, is apt to turn authorities' knuckles white. (Think of the classic BBC's "Yes Minister".) The lobbying against it would be over funded.

Citizens should not trust an author-
.....

We accept the corporation-driven medical treatment fixation rather than install rules for prevention. We don't require the standards of care for seniors they are entitled to see met, and we don't require facilities to uphold seniors' dignity. We accept government ideology transferring public money to corporations and we don't uphold the precautionary principle for the environment and our natural resources.
.....

ity that does not explain publicly, fully and fairly what it intends, and why. As a former Provincial Auditor of Ontario put it, "If you know it, you can report it." Authorities certainly know their underlying agendas.

When the Board of the Vancouver Island Health Authority acted to close the Cowichan Lodge facility in Duncan and turn over its operations to the private sector with no credible intention explanation before the fact, the spokesperson for 80,000 Cowichan-area citizens told the Directors at a public meeting, "You have lost the public's trust." This ought to have been devastating to the Board members sitting there, facing her. Given the Board's purposeful ignorance of its public accountability, it likely wasn't.

So why does holding to account work? If elected or appointed officials must explain their intentions, reasons and performance standards within their authority, knowledgeable organizations can publicly shred identified intentions reasonably seen to lead to harm. As well, independent audit can attest to the fairness and completeness of what the authority says. Fear of consequent loss of credibility with the public will exert a *self-regulating* influence on what the

authority intends.

"Checks and balances," monitoring and performance audit after the fact don't create this self-regulating influence. Review boards for professionals review processes but don't examine and report whether performance such as professional medical diagnoses and treatments met the standards of diligence that citizens are entitled to see met.

Citizens can act in two ways. They can require their legislators to install in the law the requirement for full and fair public accounting by all authorities affecting the public in important ways. That allows auditors general to audit compliance with the legislation.

As well, citizens can form citizen accountability groups to hold authorities publicly to account for their responsibilities in the issues of concern to the groups. They can set out publicly, for the relevant authorities, what they see as the nature of the public explanations the authority should be giving for its intentions, reasons, performance standards and results. Alongside external auditors, the groups can then publicly assess the fairness and completeness of the authority's public explanations.

If we don't do this, we carry on with activist citizens putting in terribly long hours, largely after work, to try to overturn intentions and actions seen as unfair -- with the intentions not being given public challenge before the fact, and with officials who plan and carry out the intentions getting salaries and pensions for it.

As to the type of public reporting needed, George Washington's observation fits with the 1989 Massey Lectures of Dr. Ursula Franklin, who said: "Whenever someone talks to you about the benefits and costs of a particular project, don't ask *what* benefits? ask *whose* benefits and *whose* costs?"

Thus we can develop a useful form of public accountability explanation we can call an Equity Statement (EqS). The statement sets out, for proponents of an

Citizens should not trust an authority that does not explain publicly, fully and fairly what it intends, and why.
.....

intention that would affect the public in important ways:

1. who would gain what benefits from what is proposed, and why they should, in both the short and longer term;

2. who would bear what costs and risks, and why they should, in both the short and longer term; and

3. assuming the proposal were to go ahead, who would be required to meet what standard of performance and public explanation of how responsibilities

are being carried out.

The proponents for an intention -- and those opposed -- can each draft an equity statement for public challenge of an intention. This can range from property developers and residents to

Checks and balances, monitoring and performance audit after the fact don't create this self-regulating influence.
.....

governing and opposition parties in a legislature. The elected representatives making the decisions would account to their constituents if they disregard what a valid composite equity statement logically points to as the decision.

Whether a local municipal property development application, an intended "private-public sector partnership" or other executive government policy or regulation intention, a validated equity statement would give citizens informa-

Whenever someone talks to you about the benefits and costs of a particular project, don't ask benefits? ask benefits and costs? - Dr.

Ursula Franklin
.....

tion they should have to do their oversight duty. To be effective as a self-regulating influence on governments' intentions, equity statement reporting would have to be assessed by auditors general for its fairness and completeness and by knowledgeable public interest groups.

As a society imperative, public accountability is non-partisan and isn't political policy. In serving the accountability relationship between government and the legislature it is therefore open to auditors general to recommend to their legislators that equity statements by the executive government be made the law. But it is up to citizens to require their elected representatives to install it.

Henry E. McCandless is General Convener of the Citizens' Circle For Accountability (www.accountabilitycircle.org) and the author of A Citizen's Guide to Public Accountability: Changing the Relationship Between Citizens and Authorities (Trafford 2002). From 1978 to 1996 he was a Principal in the Office of the Auditor General of Canada.



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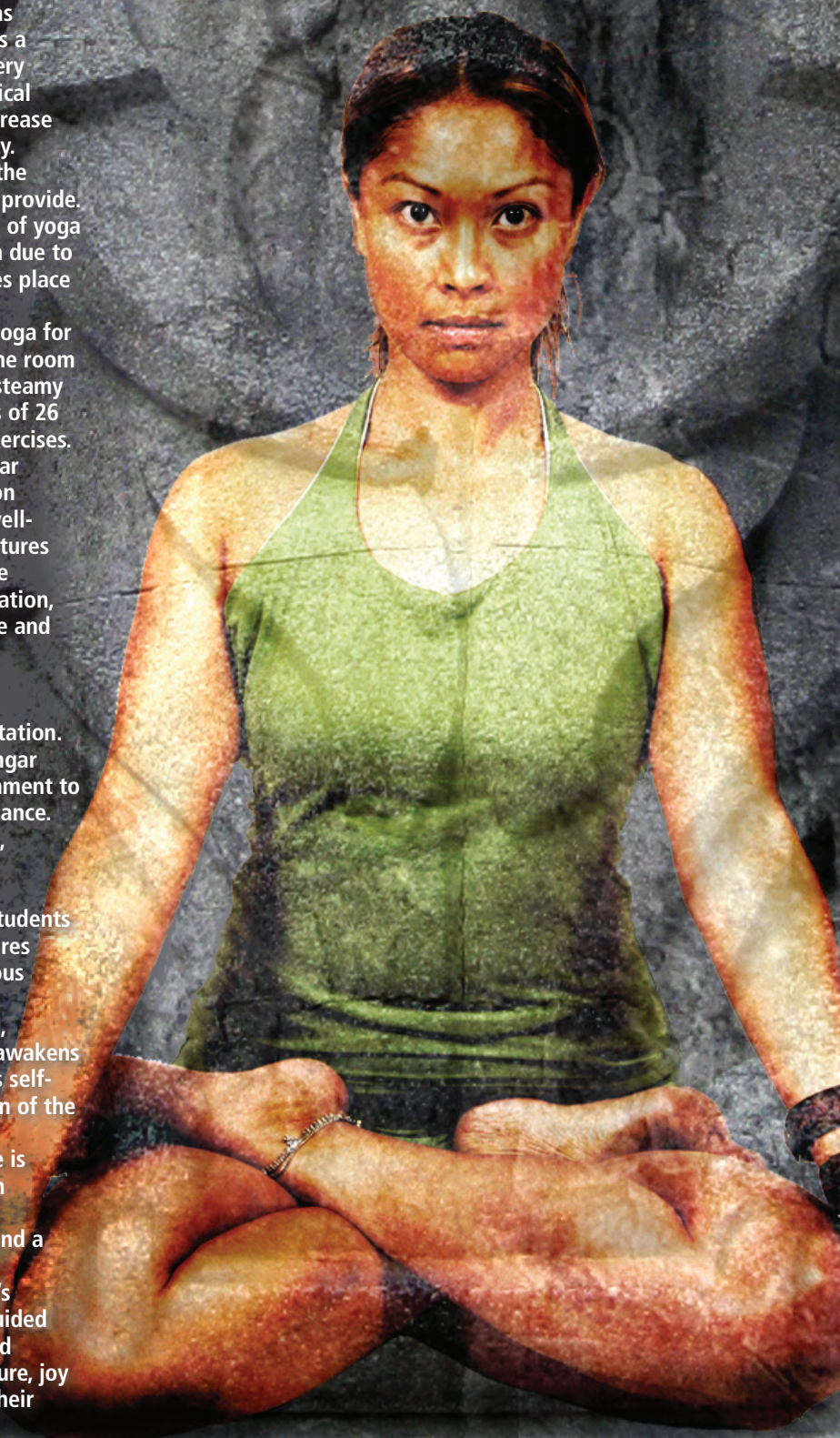


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Yoga for everyone

- **Ananda:** A gentle practice that emphasizes the importance of meditation, breathing and affirmations while flowing through yoga postures.
- **Anusara:** When translated, Anusara means "following your heart." This style celebrates the heart, positive and balanced energy and the freedom to change and adapt the practice as needed.
- **Ashtanga:** Often referred to as power yoga, Ashtanga provides a heart-pounding, intense and very challenging workout. The physical goals of the practice are to increase stamina, strength and flexibility. Mentally, students appreciate the sense of calm the practice can provide. Those who adhere to this style of yoga experience deep detoxification due to the profuse sweating that takes place during the session.
- **Bikram:** Bikram is called hot yoga for a reason; the temperature in the room is approximately 105 hot and steamy degrees. Every session consists of 26 postures and two breathing exercises.
- **Hatha:** One of the most popular styles of yoga, Hatha focuses on both physical and emotional well-being. With more than 200 postures to choose from, students utilize these asanas to enhance circulation, flexibility, balance and a supple and vibrant mind.
- **Integral:** This style of yoga emphasizes relaxation through controlled breathing and meditation.
- **Iyengar:** A form of Hatha, Iyengar focuses on symmetry and alignment to obtain mental and physical balance.
- **Kripalu:** Meditation in motion, Kripalu utilizes three stages to achieve reliance on the body's inherent wisdom. Eventually, students are able to flow through postures spontaneously without conscious thought.
- **Kundalini:** A mix of breathing, chanting and poses, this style awakens natural energy and encourages self-healing through the stimulation of the immune and nervous systems.
- **Sivananda:** A healthy lifestyle is promoted by embracing 12 sun salutation postures, chanting, meditation, positive thinking and a vegetarian diet.
- **Tantra:** Tapping into the body's natural energy, students are guided through postures, chanting and visualizations to achieve pleasure, joy and a sense of completion in their everyday existence.
- **Viniyoga:** Gentle flow yoga emphasizes the connection between breath and a series of poses that are easy on the joints and easy to adhere to in private practice as well as therapeutic settings.



Balance,

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the 10 most used
complementary
medicine methods
in North America.

*I*n 2007, Johannes R. Fisslinger created Yoga Month in the US, an initiative that continues to raise funds for charitable causes and increases awareness of the benefits of yoga. This month, join millions of yoga and health enthusiasts at hundreds of events around the world. Celebrate the transformative power of yoga with friends, family and your global community. For more information, visit www.yogamonth.org

What is yoga?

Yoga is a scientific system of physical and mental practices that originated in India more than five thousand years ago and has been adopted in the west especially over the last 30 years. It includes various postures (exercises) that involve deep breathing, body movement, meditation and relaxation. Its purpose is to improve physical, emotional and mental health, thereby enhancing the holistic quality of our lives. Yoga promotes a connection between the mind, body and spirit. It is a lifestyle that embraces a system of physical science while honoring the quest for mental and emotional stability and balance.

Why yoga?

The scientifically proven benefits of yoga are numerous, including an increase in flexibility, reduction of stress, reduction of inflammation and pain associated with arthritis and other chronic conditions, and a decrease in hypertension. Everyone who practices yoga can gain some level of benefit. The only requirements are proper instruction and regular practice.

Why Yoga Month?

The mission of the Yoga Health Foundation is to educate people about the health benefits of yoga and to inspire a healthy lifestyle. Yoga Month participants come from many different countries, backgrounds, beliefs, religions and cultures. We encourage all novices, advanced yoga students,

tone & nourishment

teachers and studios to join the Yoga Month movement.

Is yoga a religion?

Yoga is a lifestyle or philosophy on life, but it does not ascribe to a specific set of religious practices. Yoga or yoga-related lifestyle modalities can be found in many religions or faiths around the world. By lowering stress and facilitating physical, emotional, mental balance, yoga has been known to deepen one's faith. Yoga Month specifically focuses on the health benefits of yoga and how practising yoga can improve your physical, emotional and mental health and quality of life.

What are the health benefits of practising yoga?

Some of the benefits are increased flexibility, stronger muscles and connective tissue, alignment of the vertebrae and toned and rejuvenated internal organs. In addition, the epidermal, digestive, lymphatic, cardiovascular and pulmonary systems are purified of

toxins and waste matter; the nervous and endocrine systems are balanced and toned and brain cells are nourished and stimulated. The end result is increased mental clarity, emotional stability and a greater sense of overall well-being.



Johannes R.
Fisslinger

Yoga is one of the 10 most used complementary medicine methods in North America. Because yoga works on so many different levels, it has great potential as an effective therapy for chronic diseases and conditions that do not respond well to conventional treatment methods. In addition, a regular yoga routine can

help develop greater concentration, balance and composure.

How old should one be to start yoga?

You can start yoga at any age.

Why is Yoga Month a community grassroots campaign?

We believe that by starting with ourselves and making a small difference in our own lives, collectively we can work together to create a healthier America.

Why do yoga and Pranayam (breath control)?

A short answer is that yoga and Pranayam makes you feel better. Practising the postures, breathing exercises and meditation heals the body, mind and spirit and lets you tune in, chill out and shape up, all at the same time. Yoga and Pranayam are good for all ailments. Research shows that yoga and Pranayam help control anxiety, arthritis, asthma, backache, blood pressure, carpal tunnel syndrome, chronic fatigue, depression, diabetes, epilepsy, headaches and heart diseases.

Why are yoga and Pranayam successful?

According to medical scientists, Yoga and Pranayam therapy is successful because of the balance created in the nervous and endocrine systems, which directly influences all the other systems and organs of the body.

The ultimate goal of yoga and Pranayam is to make it possible to fuse together the gross material (Annamaya), Physical (Pranamaya), mental (Manomaya), intellectual (Vigyanamaya) and spiritual (Anandamaya) levels with the being.

—Yogi Ramesh

Yoga & kids

by Shakta Kaur Khalsa

WHY YOGA for children? Twenty-five years ago, that question was most likely asked about martial arts. Now there are classes for children at martial arts studios around every corner. Similar to martial arts, yoga develops many wonderful qualities in children. Besides the obvious benefits of exercising the physical body, yoga sharpens a child's ability to calm down and focus and cultivates confidence and self-discipline.

More and more professionals who work with Sensory Processing Disorder, such as autism, learning disabilities and ADD/ADHD are being trained in children's yoga with great results. There is a natural affinity between these children



and yoga, as yoga addresses the whole child, including the brain/body connection, and organizes the nervous system. Practising yoga encourages

their creativity and promotes the release of their fears, anger and sadness. It also helps their inner self to shine and their minds and hearts to be in synch.

Family yoga

Create a special time of the day for yoga. Take some time in the morning or evening and follow it with a deep relaxation. Make a special yoga space using a small table or covered box. Have your child decorate it with objects that have special meaning. Begin by closing your eyes and taking a few deep breaths to centre yourself or use a 'yoga sound,' such as *ong* or *om*. How long to do yoga? With preschoolers, 10 to 15 minutes is a good start. Elementary school-age children can easily practise yoga for 20 minutes. Start simply and build the practice slowly. **F U N**: those three little letters are so important. For young children, make up yoga stories using animal poses. For older children, challenge them using a timer. Reach them using your creativity and light-hearted humour. Get ready for lots of pleasant surprises.

Shakta Kaur Khalsa has 35+ years of experience as a Kundalini yoga teacher and Montessori educator. She is the author of Fly Like A Butterfly: Yoga for Children. She teaches The Radiant Child Yoga Program at Langara College, Nov. 27-30. Contact Naseem ngulamhusein@langara.bc.ca for details. Visit www.langara.bc.ca/health-human/yoga-teacher/courses and www.childrensyoga.com

The evolution of yoga

An interview with John Friend

by Trisha Wilson

John Friend is the founder of Anusara Yoga™, which means, "flowing with nature," "flowing with grace" and "following your heart." A method of Hatha Yoga, Anusara has become one of the most highly respected and fastest growing methods of yoga in the world.

Trisha Wilson: You founded Anusara Yoga on August 15, 1997, and recently celebrated the 12th anniversary. What inspired you to develop this method of yoga and how has it evolved over time?

John Friend: The founding of Anusara was really an evolution of my whole practice and studies of yoga since I was 13. I really never thought to found a system until maybe 1995. At that time, I recognized that I had evolved to a point where I was not in harmony with the philosophy and techniques of my prior teachers so I was really in a place where there was

no style to describe what I was doing: a mixing of tantric philosophy using principles of alignment and a real emphasis on the community. There just wasn't any style like that. In some ways, I was forced to start a new system and come up with a new name.

I'm very much a traditionalist and would rather honour what has come before and be a good representative of that, but it just wasn't honest to use the names of the teachers and the styles that I had been practising since I had really shifted and gone to a different place. That's how it came about. It was after a full investigation of the major styles of yoga.



John Friend

TW: There are now hundreds of thousands of Anusara students worldwide. To what do you attribute that growth?

JF: One of the central aspects is that people feel empowered. Their natural talents and beauty are celebrated. I think that's not so common.

That's one thing – people feel very empowered. Secondly, they're actually given a set of alignment principles that is so effective they can apply it to anything they do – any style they've been practising before. Their practice goes to another level. Thirdly, they get to do it in a really fun-loving community. There's not a lot of ego. It feels like a big family. I think that's why it's grown so tremendously in 12 years.

TW: In Anusara yoga, students are taught to look for the innate goodness in themselves and all things. What are the effects of this?

JF: When we look for the good, we are looking for the common denominator among all people and all things so when there is recognition of innate goodness we're getting recognition of the essential spirit of each other. [In] cultures and races and even religions, we start to look more for the unity and the common denominator. That brings such unity and harmony.

TW: How do you see yoga evolving?

JF: I think yoga is going to expand in that it will progressively get more

continued p.42...

Gregg Braden & Howard Martin

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YOU CAN learn to dissolve the illusions of time and space and return to reality, which is Oneness with God and perfect love. This is not love the way the world commonly thinks of it. It's an all-encompassing kind of love that is perfect spirit: innocent, unflawed, immortal, invulnerable and forever fearless. It excludes no one and includes all.

Perfect love, which is Divine in nature, must be experienced for it is beyond words. Yet words and practice are needed to help lead you to that experience. The knowledge of what it's like to be one with your Source is the awesome mystical experience that's been described by masters throughout the ages. It's the greatest sense of awareness anyone can have while still appearing to be in this world.

That experience, upon the end of your physical existence, will become your permanent reality. In the meantime, the more at peace we each are, the more we each will contribute to our world in ways that benefit all. We will find solutions to world problems that are in the best interest of all in place of the old paradigm of what

false thoughts of separation – we will eventually undo or peel away all the layers until there is nothing standing between us and our total awareness of our perfect oneness with God. And much like the way we awaken from a dream at night and see that we have never left the safety of our beds, we will eventually awaken from this dream and see that we've never actually left the safety of God's perfect love.

Judgment is the biggest obstacle to fearless love and the quickest way to overcome it is forgiveness. The forgiveness we speak of here is not the old fashioned kind of forgiveness where you say you are wrong but I forgive you anyhow; it is the kind of forgiveness that Jesus taught and practised during his last lifetime on Earth and is taught today through his voice in *A Course in Miracles*. This kind of forgiveness, which undoes your ego, will allow you to stay in the condition of the endless present.

If we make forgiveness our purpose we will live our lives more and more

The knowledge of what it's like to be one with your Source is the awesome mystical experience that's been described by masters throughout the ages.

served the best interest of a few.

Fearless love is not about leaving it at that like some of the popular spiritual teachings do. Any attempt to remain in the present moment will fail unless certain work is done by the student. That's because there's something in the mind that prevents you from staying in the present moment. Most spiritualities don't even know about it, much less teach you how to have it healed.

The truth is we are not these bodies; we are immortal spirit. We cannot actually be separate from God, but we can imagine we are. That is what this world is. It is an illusion of our imagined separation from God. We spend most of our lives trying to solve the problem of separation within the illusion. The only way we can actually solve the problem is to go within and release our false thoughts of separation, which is ego.

While it is true that in ultimate reality there is nothing to forgive because it is perfect oneness, within this illusion, undoing the ego works to awaken us from this dream.

If the ego is like an onion – layers of

fearlessly until it becomes our permanent state of being. Through the practice of forgiveness, there will come a point when we will have so much inner peace we won't care how long it takes us to reach that permanent state; nor will it matter what is appearing to be going on in the world around us. Now, more than ever, we must find another way. This is another way; it works and is available to all. You don't have to wait any longer to live life fearlessly and happily.

Gary Renard is the best-selling author of The Disappearance of the Universe and Your Immortal Reality. He is an international Course in Miracles lecturer.

Events with Gary Renard: Vancouver Seminar – Sept. 20, "Love Has Forgotten No One," Masonic Building, 1495 W. 8th Avenue, 10-4 pm, Tickets \$115 Banyen Books or call 604-298-4011. \$125/door. Victoria lecture Sept. 18 – "Fearless Love," 7:15 pm, The Victoria Truth Centre, 1201 Fort St. Tickets \$30/advance, Instinct Gifts & Ivy's Books. Email Jewel@OnlyLoves.org, 250-370-1380, www.OnlyLoves.org



No ego, no anxiety

UNIVERSE WITHIN Gwen Randall-Young

If you want to reach a state of bliss, then go beyond your ego and the internal dialogue. – Deepak Chopra

INCREASING NUMBERS of people suffer from anxiety or chronic worry and while there is sometimes a biological component and medications can be helpful, the real issue comes down to controlling one's thoughts.

Most anxiety and worry come from thinking about the future or agonizing about the past. This is different from the anxiety one might feel sitting in a

can relax on a tropical beach; they have left their entire world behind.

We must learn to do this without having to travel to far-off places. We need to learn to control our thoughts and keep them focused on the present or, at least, on positive things. We can start with thought stopping: when we find ourselves slipping into worry mode, we can imagine a large STOP sign and immediately switch the topic of our thoughts. It is much like using the remote to change the channel.

For many, the idea of being able

When we find ourselves slipping into worry mode, we can imagine a large STOP sign and immediately switch the topic of our thoughts.

dentist's chair or driving on slippery roads, however. That anxiety is quite normal because one feels threatened by a real situation.

It becomes unproductive when we start thinking about the future and what *might* happen. For example, when a thunderstorm begins, one could worry about one's house being hit by lightning. The mind might then go to the thought that it might hail and if the hailstones are really big they might break the skylights. Then the water would come in and make a big mess. Ramping it up a little, visions of a tornado enter one's consciousness. Then it's all about what if I die or what if my house is destroyed? Where will I live and how will I work? In minutes, the mind has taken us from a mild thunderstorm to death and destruction.

Of course, it is the ego-mind orchestrating all of this catastrophizing. Ego is so wrapped up in itself that it constantly scans the horizon to see if anything is lurking that might interfere with its need to control. Like the over-anxious mother who so fears losing her child that she sees potential danger in every possible experience, ego likes to warn us about all that could possibly go wrong.

This keeps us off-balance and much more focused on survival and protection than on freedom and growth. Some can spend a lifetime contracted in fear, with all of life's precious, present moments sucked into the black hole of "what if?"

There is a way out. It is impossible to be in the present moment and in the future at the same time. If we can keep our attention focused upon the present moment, we could be quite relaxed. This is why people

to control one's thoughts might seem strange because they seem to come of their own free will and leave only when they are ready. Yet if we were talking about unexpected houseguests, we would quickly set boundaries and while it does require a lot of practice, we can do the same with our thoughts.

We can also make a conscious effort to replace negative ego thoughts with empowered higher-self thoughts. We can visualize the storm passing quickly without causing any damage. We can just as easily imagine positive outcomes as negative ones.

How we think determines, in large measure, how we feel. If we allow ego to scare us, to put us into a scarcity mentality or make us feel weak and vulnerable, we cannot possibly feel good. It then becomes even more difficult to do the things that might help us feel better.

Imagine being a marathon runner. Ego is behind you, trying to trip you or stop you. You are strong and determined. You burst forth, thinking how wonderful it will feel at the finish line. You enjoy the feel of your body's strength, the camaraderie of the other runners and the beautiful scenery. Before you know it, you have left ego languishing in the dust.

Gwen Randall-Young is a psychotherapist in private practice and author of *Growing Into Soul: The Next Step in Human Evolution*. For more articles, permission to reprint and information about her books and "Deep Powerful Change" personal growth/hypnosis CDs, visit www.gwen.ca

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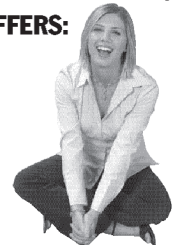
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At the Edge of the World
(USA, 97 min.)

Few films offer as dramatic and spectacular a view of the Antarctic Ocean as this. In Dan Stone's captivating documentary, eco-activist Paul Watson and the Farley Mowat, along with her sister ship the Robert Hunter, may be in over their heads when they take on the Japanese whaling fleet. <ATEDG>

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Sweet Crude (USA, 90 min.)

Projected to supply a quarter of the US oil imports by 2015, the Niger Delta occupies an increasingly fraught position. The conflict between local militants and big oil interests has the potential to destabilize the global economy. Captivating drama ensues when director Sandy Cioffi becomes immersed in volatile local politics. <SWCRU>



Tibet in Song (Tibet/USA, 82 min.)

Under siege by Chinese pop culture, traditional Tibetan music is fighting an increasingly desperate battle simply to stay alive. Director Ngawang Choephel brings a deeply personal passion to depicting this struggle. Winner, World Cinema Special Jury Prize, Sundance 2009. <TIBET>



**VANCOUVER INTERNATIONAL
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CANADA

Green filmmakers see red

FILMS WORTH WATCHING Robert Alstead

FILM

THE 16-DAY Vancouver International Film Festival gets underway on October 1. If previous years are anything to go by, you can expect a program bursting at the seams with world cinema, documentary, music and arthouse works from across the globe. In particular, with the Earth Summit in Copenhagen coming in December, expect festival artistic director Alan Franey to field a strand

the weapons are Zodiac speedboats, stink bombs – to sabotage the whale meat-processing boat – and frayed rope to foul a ship propeller. Director Dan Stone's fly-on-the-wall approach pays off. Using multiple cameras, and some great aerial shots taken from Sea Shepherd's helicopter, allows the filmmakers to knit together a compelling tale of green heroism.

Although less dramatic, *H2Oil* is quietly incendiary. The largely aboriginal community of Fort Chipewyan, Alberta,



Paul Watson confronts whalers in *At the Edge of the World*

of hard-hitting environmental documentaries when the full VIFF program goes live on September 12 at www.viff.org

Two such docs that reveal a swelling wave of righteous green anger are *At the Edge of the World* and *H2Oil*. *At the Edge of the World* follows Captain Paul Watson, a buccaneering, white-bearded bear of a man and crews of two of his ships as they set sail on an annual mission to hunt down and stop Japanese whalers in the frozen South Seas. Watson, a co-founder of Greenpeace, quit the organization to take a more proactive approach and is renowned for his aggressive, "interventionist" tactics when policing the oceans. He flies a Jolly Roger from his mast and is famous for the steel blade attached to the hull of his ship, the Farley Mowat, to dispense with his enemy. On the side of his hull, markings of sunken vessels indicate that Watson is not afraid to use his so-called "can opener."

The captain of the second ship, the Robert Hunter, is Dutchman Alex Cornelissen, a combination of cool head and fiery spirit. The two men make natural leading characters in what becomes a gripping drama involving chases through icy seas as treacherous as they are scenically spectacular. *At the Edge of the World* is like a modern, eco version of a Hornblower adventure as it follows the motley crew of volunteers as they enter a freezing conflict zone. The difference is that

downstream from the Tar Sands at Fort McMurray, has become a cancer hotspot. Local wetlands and fresh water sources are drying up. Vast, oily tailings ponds, so big you can see them from space, now define the area and the Athabasca River is a toxic mess. But as interviews in *H2Oil* reveal, addressing these problems is frustrating. Government leaders, seeing dollar signs, slither away from responsibility and sidle up with the oil barons. Worse, when the local doctor shares his fears about Tar Sands pollution, Health Canada removes him from his post for "alarming" his community. Left with no choice, we see the community go global with their concerns and "Fort Chip" is now making international headlines. If you want to put faces behind some of those headlines, *H2Oil* makes a good introduction.

Finally, a self-plug: the Museum of Vancouver's excellent Velo-City exhibition, which looks at the historic role of the bicycle in Vancouver, ends this month with a double bill screening of *You Never Bike Alone* and Portland documentary feature *Veer* (Sunday September 6, 1:00 PM). The films celebrate the vibrant, urban sub-culture surrounding the ultimate green machine.

Robert Alstead made the Vancouver documentary *You Never Bike Alone* www.youneverbikealone.com He writes at www.2020Vancouver.com

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2009 Vancouver Peace Summit



Manuel Bauer photo

Education of the Heart

September 27 & September 29, 2009

Dalai Lama
Archbishop Desmond Tutu
Kim Campbell
Fazle Hasan Abed
Swanee Hunt
Ela Bhatt
Sakena Yacoobi
Susan Davis

Eckhart Tolle
Matthieu Ricard
Rigoberta Menchu Tum
Betty Williams
Jody Williams
Sir Ken Robinson
The Blue Man Group
Murray Gell-Mann

Matthieu Ricard
Clyde Hertzman
Kim Schonert-Reichl
Stephen Covey
Mairead Maguire
Adele Diamond
Martha Piper
Karen Armstrong

Vancouver Peace Summit

Nobel Laureates in Dialogue

Summit Overview

The Dalai Lama Center for Peace and Education is honoured to host His Holiness the Dalai Lama in Vancouver, September 26-29, 2009 for the Vancouver Peace Summit: Nobel Laureates in Dialogue. Joining the Dalai Lama will be Nobel Laureates: Archbishop Desmond Tutu, Jody Williams, Mairead Maguire, Rigoberta Menchu Tum, Betty Williams and Murray Gell-Mann, as well as a number of respected international leaders from the realms of education, the arts, business, politics and social transformation.

The Summit will be built on dialogues held at the **Chan Centre for the Performing Arts** and the **Orpheum Theatre**. The focus of these dialogues will include the themes of peace, education and women and peace-building.

Tickets for the 2009 Vancouver Peace Summit: Nobel Laureates in Dialogue events are now available to the public and can be purchased at www.ticketmaster.ca.

Sunday September 27

Morning

Chan Centre for the Performing Arts, University of British Columbia
9:00 a.m.

Governor General of Canada to open Summit.
Inaugural Fetzer Institute Prize for Love and Forgiveness
to be presented to the Dalai Lama and Desmond Tutu.

World Peace through Personal Peace

The Dalai Lama, Desmond Tutu, Eckhart Tolle,
Matthieu Ricard in dialogue.

Afternoon

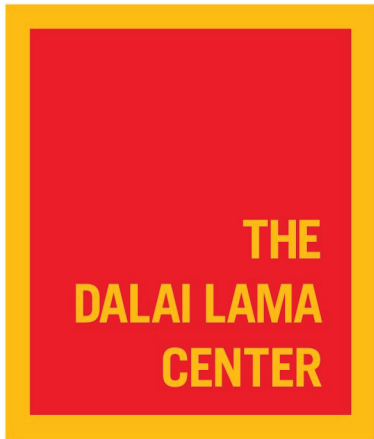
Chan Centre for the Performing Arts, University of British Columbia

A collaboration between the Dalai Lama Center and TED.
Karen Armstrong, a TED prize winner, presents the Charter for Compassion.

Nobel laureates in dialogue: Connecting for Peace
The Dalai Lama, Desmond Tutu, Rigoberta Menchu Tum, Mairead Maguire,
Betty Williams, Jody Williams.
Moderator: Mary Robinson

www.dalailamacenter.org

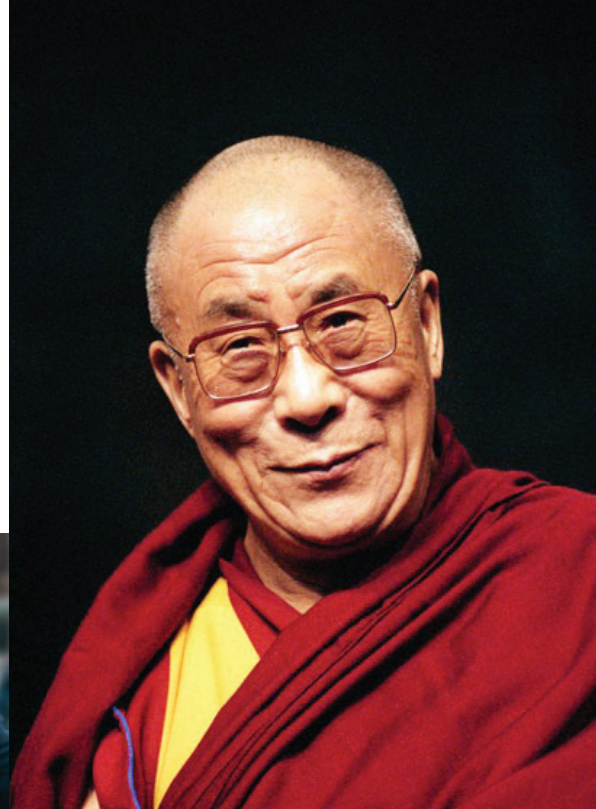




FOR PEACE+EDUCATION



Fetzer Institute



Tuesday
September 29

Morning

Educating the Heart
The Orpheum Theatre

Creativity and Well-being

The Dalai Lama, Sir Ken Robinson,
Daniel Siegel, the Blue Man Group,
Eckhart Tolle, Murray Gell-Mann.
Moderator: Matthieu Ricard

Heart-Mind Education:

**Enhancing academic, social, and
emotional competence**

The Dalai Lama, Clyde Hertzman,
Kim Schonert-Reichl, Adele Diamond,
Stephen Covey, Mairead Maguire.
Moderator: Martha Piper

Afternoon

Orpheum Theatre

The Dalai Lama and Maria Shriver
in conversation

Women and Peace-building

The Dalai Lama, Jody Williams, Kim
Campbell, Ela Bhatt, Fazle Hasan
Abed, Swanee Hunt, Sakena Jacoobi.
Moderator: Susan Davis



Education of the Heart

The Vancouver-based Dalai Lama Center for Peace and Education is an embodiment of His Holiness the XIV Dalai Lama's life-long commitment to compassion and inner well-being. Founded in 2005 by the Dalai Lama and Victor Chan, the Center is envisioned as a world-class institution, firmly grounded in Vancouver yet present and influential on the global stage.

The Center has no religious or political affiliations. It promotes peace through education, personal transformation, and dialogue. The Dalai Lama believes that vital, sustainable communities depend upon many small, individual acts of compassion and helpfulness. By thinking less about ourselves and more about the well-being of others, we enhance our growth and happiness. By helping others, we contribute to the greater good. Along the way, our lives and the lives of others are transformed.

"Educating the heart" is the Center's tag line. The Center will provide a learning environment that cultivates mindfulness: the integration of mind, body, and spirit. It will encourage heightened awareness within of our inner potential through diverse practices of art. And it will provide a venue for creative interpretation of the world's many wisdom traditions.

By bringing peace into our own lives, the Center will help to bring peace into the world.

The Dalai Lama Center for Peace and Education educates the heart and fosters compassion through: creative learning, facilitating and applying research, and connecting people and ideas.

The Center encourages values such as compassion, forgiveness, tolerance, contentment and self-discipline through engagement with the community. These are the values that contribute to peace and harmony locally, nationally and globally. We believe that most people embrace and recognize the importance of these values, but often don't know how to access the information and guidance they seek to bring them into their lives. We will help them do that.



Fazle Hasan Abed is a Bangladeshi social worker, and the founder and chairman of BRAC (formerly, Bangladesh Rural Advancement Committee). Born in 1936 in Bangladesh, Abed was educated in Dhaka and Glasgow Universities. For his outstanding contributions to social improvement, he has received the Ramon Magsaysay Award, the UNDP Mahbub Ul Haq Award. Abed is a member of the Commission on Legal Empowerment of the Poor, the first global initiative to focus specifically on the link between exclusion, poverty and law.



Karen Armstrong, a former Roman Catholic nun, is considered a powerful voice for ecumenical understanding. One of the most provocative, original thinkers on the role of religion in the modern world, she has written more than 20 books exploring the commonalities shared by the religious faiths of Islam, Judaism and Christianity. As a speaker and writer, she asserts that all major religions embrace the core principle of compassion and the Golden Rule. She has also identified that many of today's religions bear similar strains of fundamentalism which she argues is borne of frustration with contemporary life and current events. In 2008, she was awarded the TED Prize in recognition and support of her call for a council of Christian, Muslim and Jewish leaders to draw up a "Charter of Compassion," which would apply shared moral priorities to foster greater global understanding.



Ela Bhatt is the founder of the Self-Employed Women's Association (SEWA) in India – a trade union benefiting the poor, which now has more than 1,000,000 members. Bhatt was a Member of the Indian Parliament from 1986 to 1989, and subsequently a Member of the Indian Planning Commission. She has received honorary doctorates from Harvard, Yale, the University of Natal, and other academic institutions. She is a member of The Elders, a collection of world leaders working to address difficult global challenges. **Ela R. Bhatt** is widely recognised as one of the world's most remarkable pioneers and entrepreneurial forces in grassroots development. Known as the "gentle revolutionary" she has dedicated her life to improving the lives of India's poorest and most oppressed women workers, with Gandhian thinking as her source of guidance.



Kim Campbell was the first woman in Canadian history appointed Prime Minister, serving as the 19th Prime Minister of Canada from June 25 to November 4, 1993. Before becoming Prime Minister, Campbell was the Minister of Justice and Attorney General of Canada. During that time she amended the Criminal Code of Canada to make improvements in the areas of firearms control and sexual assault laws. Upon her retirement from politics Kim Campbell taught at Harvard University. For four years she served as Consul General of Canada in Los Angeles. She has played an active role in many international organizations, including the International Women's Forum and the Club of Madrid. Campbell lectures frequently about women and leadership, and is also an author, consultant and corporate director.



Stephen Covey is recognized as one of Time magazine's 25 most influential Americans. Stephen R. Covey has is an internationally respected leadership authority, family expert, teacher, organizational consultant, and author. He is the motivational author of *The 7 Habits of Highly Effective People* and cofounder of the New York Stock Exchange listed company FranklinCovey, which provides businesses with leadership training and productivity tools. His books focus on leadership, management, productivity in the workplace, and the values of family and a happy home life.



Susan Davis is a thought leader in international development and civil society innovation. She is founder and President & CEO of BRAC USA, a newly created organization to support BRAC's global expansion to Africa and other countries in Asia. She is also a founding board member and former Chair of the Grameen Foundation. Davis serves on Ashoka's international board committee that selects Ashoka Fellows and led Ashoka's Global Academy for Social Entrepreneurship. She co-founded the University Network for Social Entrepreneurship and oversaw Ashoka's expansion to the Middle East, North Africa and Central Asia. She is a senior advisor to New York University's Reynolds Program on Social Entrepreneurship. She serves on numerous other boards including Project Enterprise, Sirleaf Market Women's Fund, and African Women's Development Fund USA. She is on Mary Robinson's Advisory Council of Realizing Rights and is a member of the Council on Foreign Relations. She was educated at Georgetown, Harvard and Oxford universities.

participants



Abigail E. Disney is the Founder and the President of the Daphne Foundation, a progressive, social change foundation that makes grants to grassroots, community-based organizations working with low-income communities in New York City. Since 1991, the Daphne Foundation has made millions of

dollars in grants in areas ranging from women's rights to AIDS advocacy, children's health, labor conditions, religion, and environmentalism. Over the years Abigail has played a critical role in a number of different social and political organizations. She recently retired as Chair of The New York Women's Foundation, of which she was a board member for over 14 years. Abigail received her Bachelors degree from Yale University, her Masters degree from Stanford University, and her Doctorate from Columbia University.



Murray Gell-Mann is an American physicist who received the 1969 Nobel Prize in physics for his work on the theory of elementary particles. He is currently Distinguished Fellow at the Santa Fe Institute as well as the Robert Andrews Millikan Professor Emeritus at the California Institute of Technology,

where he joined the faculty in 1955. He is the author of *The Quark and the Jaguar*, published in 1994, in which his ideas on simplicity and complexity are presented to a general readership. In 1988 Professor Gell-Mann was listed on the United Nations Environmental Program's Roll of Honor for Environmental Achievement (The Global 500). He also shared the 1989 Ettore Majorana "Science for Peace" prize. He was on the U.S. President's Science Advisory Committee from 1969 to 1972 and the President's Committee of Advisors on Science and Technology from 1994 to 2001.



Matt Goldman created Blue Man Group with longtime friends Chris Wink and Phil Stanton and opened Off-Broadway at the Astor Place Theatre in 1991, where it continues to play

today. Blue Man Group now has productions running in Boston, Chicago, Las Vegas, Orlando, Berlin, Basel and Tokyo, and has grown beyond a theatrical show into a multi-dimensional creative organization - developing and producing rock tours, TV shows, albums, DVDs, film scores, musical instruments, museum exhibits and more. Throughout their long association, Matt, Chris and Phil have been fascinated by the inter-connections between learning, creativity and community. Inspired by these passions, Blue Man Group has recently expanded its Mission, putting education at the forefront and launching the Blue Man Creativity Center and Early Childhood Program in Manhattan.

& speakers



Clyde Hertzman completed training in Community Medicine and epidemiology at McMaster University in Hamilton, Ontario and has been on faculty at the University of British Columbia in the Department of Health Care and Epidemiology since 1985. Nationally, he is a Fellow of the Canadian Institute

for Advanced Research and holds a Canada Research Chair in Population Health and Human Development. Internationally, he has played a central role in developing a conceptual framework for the "determinants of health", that places early childhood development at the centre. He is currently directing 'HELP', the Human Early Learning Partnership of British Columbia. HELP is an interdisciplinary network of researchers from BC's universities who study early child development 'from cell to society'. The World Health Organization has designated HELP as the global Knowledge Hub for Early Child Development under the auspices of its International Commission on the Social Determinants of Health. Through the Commission, HELP is promoting the global importance of early social and emotional development



Swanee Hunt's mission is to achieve gender parity, especially as a means to end war and rebuild societies, as well as to alleviate poverty and other human suffering. Dr. Hunt, Eleanor Roosevelt Lecturer in Public Policy, was the Founding Director of the Women and Public

Policy Program at Harvard's Kennedy School of Government, where she also teaches "Inclusive Security", exploring why women are systematically excluded from peace processes and the policy steps needed to rectify the problem. She is currently core faculty at the Center for Public Leadership. An expert on domestic policy and foreign affairs, Hunt is president of Hunt Alternatives Fund, through which she has committed more than \$120 million in endowments and grants to provoking social change at local, national, and global levels. The Fund operates out of Cambridge, Massachusetts and is focused on strengthening youth arts organizations, supporting leaders of social movements, bolstering women's leadership in conflict regions, combating sexual trafficking, and increasing philanthropy. Ambassador Hunt also chairs the Washington-based Institute for Inclusive Security (including the Women Waging Peace Network), which advocates for the full participation of all stakeholders, particularly women, in peace processes. She has conducted research, training, and consultations for women leaders in some 60 countries.



Mairead (Corrigan) Maguire is a Nobel Peace Laureate (1976) Hon. President and Co-founder of the Peace People, Northern Ireland. Maguire was responsible for co-founding the Peace People, together with Betty Williams and Ciaran McKelown, in 1976, after her Sister Anne's three children were

knocked down and killed by an I.R.A. (Irish republican Army) get-away car when a British soldier killed its driver. Consequently, a number of marches were organized in Northern Ireland demanding an end to the violence in Northern Ireland. She has continued her work with inter-Church and inter-faith Organizations, and is a member of the International Peace Council. She is also a Patron of the Methodist Theological College and N.I. Council for Integrated Education, and a member of the Nobel Women's Initiative. Maguire has received many honours and wards, including an honorary doctorate from Yale University, the 'Pacem in Terris' Peace and Freedom Award, the Nuclear Age Peace Foundation's 'Distinguished Peace Leadership Award' and the Nobel Peace Laureate Award.



Laurene Powell Jobs is Founder and President of the Board of College Track, an after-school program that prepares at-risk high school students for higher education. Through its three centers in the San Francisco Bay Area, College Track provides a comprehensive program of academic support, leader-

ship training, community service and extra-curricular involvement. In addition to her work in education reform, Powell Jobs has a strong focus on non-profit entrepreneurship, with an emphasis on women's human and economic rights. Her board affiliations include Global Fund for Women, New Schools Venture Fund and Stanford Schools Corporation. She also serves on the Advisory Board of Stanford Graduate School of Business. Laurene holds a B.A. and a B.S.E. from the University of Pennsylvania and an MBA from Stanford University.

Worry pretends to be necessary but serves no useful purpose. - Eckhart Tolle

We want to disarm human hearts and human beings, one by one, country by country. - Mairead Maguire

Dialogue of Minds

We have learned that change cannot come through war. War is not a feasible tool to use in fighting against the oppression we face. War has caused more problems. We cannot embrace that path.

— Rigoberta Menchu Tum

Peace is not just the absence of war. It's a world with justice and equality. It's a world where the basic needs of the majority of the people on our planet are met. If we stop spending money on war and the weapons of war, we'd have more than enough to invest in these basics of long-term peace. People should have basic housing, access to medical care, education, and work. Everyone should have clean drinking water and food to eat every day. — Jody Williams

"The Nobel Peace Prize is not awarded for what one has done, but hopefully what one will do."

— Betty Williams

I am not interested in picking up crumbs of compassion thrown from the table of someone who considers himself my master. I want the full menu of rights.

— Desmond Tutu

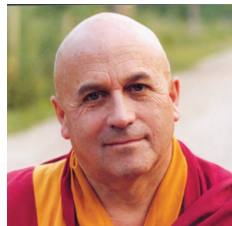
Be kind whenever possible.

It is always possible. — Dalai Lama

By making your clients women, you serve the entire family [and community] better.

— Fazle Hasan Abed

speakers



Matthieu Ricard is a Buddhist monk, an author, translator, and photographer. He earned a Ph.D. degree in cell genetics at the renowned Institut Pasteur under the Nobel Laureate Francois Jacob. He is a board member of the Mind and Life Institute,

an organization dedicated to collaborative research between scientists and Buddhist scholars and meditators. His latest book, *L'Art of Meditation* has sold over 120,000 copies during its first three months of publication, and has been featured in all the major magazines and television shows in France. He is engaged in the research on the effect of mind training and meditation on the brain at various universities in the USA (Madison, Princeton, and Berkeley) and Europe (Zurich). He received the French National Order of Merit for his humanitarian work in the East. For the last few years, Ricard has dedicated his effort and the royalties of his books to various charitable projects in Asia, that include building and maintaining clinics, schools and orphanages in the region. Since 1989, he has acted as the French interpreter for the Dalai Lama.



Sir Ken Robinson, Ph.D. is an internationally recognized leader in the development of creativity, innovation and human resources and a New York Times best selling author. He works with governments in Europe, Asia and the USA, with international agencies, Fortune 500

companies, and some of the world's leading cultural organizations. He was the central figure in developing a strategy for creative and economic development as part of the Peace Process in Northern Ireland. For 12 years he was Professor of Education at the University of Warwick in the UK and is now Professor Emeritus. He was been honored with the Athena Award of the Rhode Island School of Design for services to the arts and education; the Peabody Medal for contributions to the arts and culture in the United States, and the Benjamin Franklin Medal of the Royal Society of Arts for outstanding contributions to cultural relations between the United Kingdom and the United States. In 2005 he was named as one of Time/Fortune/CNN's 'Principal Voices'. In 2003, he received a knighthood from Queen Elizabeth II for his services to the arts and education. He speaks to audiences throughout the world on the creative challenges facing business and education in the new global economies.



Mary Therese Winifred Robinson served as the seventh, and first female, President of Ireland, serving from 1990 to 1997, and the United Nations High Commissioner for Human Rights, from 1997 to 2002. Robinson has been Honorary President of Oxfam International since 2002;

she is Chair of the International Institute for Environment and Development (IIED) and is also a founding member and Chair of the Council of Women World Leaders. She serves on many boards including the GAVI Fund. Robinson's newest project is Realizing Rights: the Ethical Globalization Initiative, which fosters equitable trade and decent work, promotes the right to health and more humane migration policies, works to strengthen women's leadership and encourage corporate responsibility. Since 2004, she has also been Professor of Practice in International Affairs at Columbia University, where she teaches international human rights. Robinson also visits other colleges and universities where she lectures on human rights. In 2004, she received Amnesty International's Ambassador of Conscience Award for her work in promoting human rights.

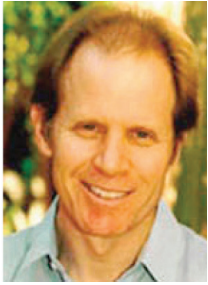


Kimberly Schonert-Reichl began her professional career first as a middle school teacher and then as a secondary school teacher at an alternate school for "at risk" adolescents. For over 20 years Dr. Schonert-Reichl has been conducting research in the area of the child and adolescent social-emotional development with

an emphasis on discerning the developmental processes/mechanisms associated with positive development across childhood and adolescence, especially in relation to school settings. Before arriving at University of BC, Dr. Schonert-Reichl served as a National Institute of Mental Health (NIMH) Postdoctoral Fellow in the Clinical Research Training Program in Adolescence at the University of Chicago and Northwestern University Medical School, Dept. of Psychiatry. For the past several years, Dr. Schonert-Reichl has worked in collaboration with educators across British Columbia in the area of social and emotional learning and, in 2004 she was awarded the Vancouver School Board Recognition Award in acknowledgment of her support for district initiatives regarding social responsibility and social and emotional learning.

There cannot be any excuse for not removing poverty. The priorities have to change. — Ela Bhatt

& participants



Dan Siegel, M.D., is an award-winning educator and the Executive Director of the Mindsight Institute. The institute is an educational organization that focuses on how the development of insight, compassion and empathy in individuals, families and communities can be enhanced by examining the interface of human relationships

and basic biological processes. Dr. Siegel served as a National Institute of Mental Health Research Fellow at UCLA, studying family interactions with an emphasis on how attachment experiences influence emotions, behavior, autobiographical memory and narrative. He is the author of the internationally acclaimed text, *The Developing Mind: Toward a Neurobiology of Interpersonal Experience* (1999). He serves as the Founding Editor for the Norton Series on Interpersonal Neurobiology. His book with Mary Hartzell, M.Ed., *Parenting from the Inside Out: How a Deeper Self-Understanding Can Help You Raise Children Who Thrive* (2003) explores the application of this newly emerging view of the mind, the brain, and human relationships. Siegel's latest book is *The Mindful Brain: Reflection and Attunement in the Cultivation of Well-Being* (2007).



Maria Owings Shriver is an award-winning American journalist, author and First Lady of California. She is married to Governor Arnold Schwarzenegger, and is a member of the Kennedy family. Shriver has used her voice to advocate on behalf of women, the working poor, the intellectually disabled

and families struggling with Alzheimer's. She has created groundbreaking programs and initiatives that educate, enlist, empower, connect, and honor people who are what she calls "Architects of Change." Shriver has organized these initiatives under a banner called WE. Under Shriver's leadership, The California Governor and First Lady's Conference on Women has grown into the nation's premier forum for women, with more than 14,000 attendees every year since 2004. The conference encourages women to become Architects of Change in their own lives, in their communities, and in the country. Hundreds of world opinion leaders and newsmakers have spoken at the conference, including Oprah Winfrey, Justice Sandra Day O'Connor, Secretaries of State Condoleezza Rice and Madeleine Albright, Barbara Walters, Governor Arnold Schwarzenegger, former Prime Minister Tony Blair, Bono, and His Holiness the Dalai Lama.

The strength of women will only be realized when we have engaged the faith and confidence of men in our leadership abilities. — Swanee Hunt



Eckhart Tolle is a Spiritual Teacher and author born in Germany and educated at the Universities of London and Cambridge. At the age of 29 a profound inner transformation radically changed the course of his life. He began to work in London with individuals and small groups as a counselor and spiritual teacher. Since 1995 he has lived in Vancouver, Canada. Eckhart Tolle is the author of the #1 New York Times bestseller *The Power of Now* (translated into 33 languages) and the highly acclaimed follow-up *A New Earth*, which are widely regarded as two of the most influential spiritual books of our time. Eckhart's profound yet simple teachings have already helped countless people throughout the world find inner peace and greater fulfillment in their lives.



Jody Williams served as the founding coordinator of the International Campaign to Ban Landmines (ICBL) until February 1998. In 1997, Williams and the ICBL were awarded the Nobel Peace Prize. Along with sister Laureate Dr. Shirin Ebadi of Iran, Jody Williams took the lead in establishing the "Nobel Women's Initiative," together with sister Laureates Wangari Maathai (Kenya), Rigoberta Menchu Tum (Guatemala) and Betty Williams and Mairead Corrigan Maguire (Northern Ireland). Launched in January 2006, its mission is to use the prestige and access afforded by the Nobel Prize to spotlight and promote efforts of women's rights activists, researchers and organizations working to advance peace, justice and equality for women. Williams, a widely published writer and author, serves as its chair. In February-March 2007, Professor Williams lead a High Level Mission on Darfur for the UN's Human Rights Council. She presented the Mission's hard-hitting report to the Council in March and is now actively involved in work related to stopping the war in Darfur. Professor Williams continues to be recognized for her contributions to human rights and global security. She is the recipient of 15 honorary degrees, among other recognitions. In 2004, she was named by *Forbes Magazine* as one of the 100 most powerful women in the world.



Betty Williams, along with Mairead Maguire, was awarded the Nobel Prize for her work as a cofounder of Community of Peace People, an organization dedicated to promoting a peaceful resolution to The Troubles in Northern Ireland. She heads the Global Children's Foundation and is President of the World Centers of Compassion for Children International. She is also the Chair of Institute for Asian Democracy in Washington D.C. and a Distinguished Visiting Professor at Nova Southeastern University. In 2006, Williams was one of the founders of the Nobel Women's Initiative along with sister Nobel Peace Laureates Mairead Corrigan Maguire, Shirin Ebadi, Wangari Maathai, Jody Williams and Rigoberta Menchu Tum. In the 30 years since the award, Williams has devoted her life to creating a new way forward, a movement to begin a reversal of thinking on how the world deals with the injustices, cruelty and horror perpetrated on the world's children. Williams has travelled the globe recording the testimonies of children who have been subjected to horrors. In her travels, it became evident to Williams that to create the changes necessary and persuade governments to listen to the voices of their children, legislative changes must be implemented (legislation to protect children).



In 1984 **Archbishop Desmond Tutu** was awarded the Nobel Peace Prize for his nonviolent work to end apartheid and bring equality for the people in South Africa. In 1986 he became the first black person to be Archbishop in the Anglican Church of South Africa. Archbishop Tutu continues to be a world leader in the struggle for human rights. He believes that all people are God's children, sisters and brothers, members of the same family.



Professor Sakena Yacoobi is President and Executive Director of the Afghan Institute of Learning (AIL), an Afghan women-led NGO she founded in 1995. The organization was established to provide teacher training to Afghan women, to support education for boys and girls, and to provide health education to women and children. Under Sakena's leadership AIL has established itself as a groundbreaking, visionary organization which works at the grassroots and empowers women and communities to find ways to bring education and health services to rural and poor urban girls, women and other poor and disenfranchised Afghans.

Events etc.

World Peace through Personal Peace

Sunday, September 27, 2009 - 09:00 - 12:00
Chan Centre for the Performing Arts, UBC

Ticket Price(s): SOLD OUT

The Dalai Lama, Desmond Tutu, Eckhart Tolle and Matthieu Ricard will engage in dialogue.

Personal peace shapes what people believe and how they behave. It is vital to understanding our world and can be used to improve the lot of human-kind. An intimate and personal discussion with the Dalai Lama and other respected leaders from across the globe who have inspired societal change through their personal endeavors will explore how inner transformation can help us work towards building a peaceful world.

Nobel Laureates in Dialogue: Connecting for Peace

Sunday, September 27, 2009 - 13:00
Chan Centre for the Performing Arts

Ticket Price(s): \$100, \$175, \$250 or \$325

Purchase tickets through Ticketmaster

The Dalai Lama, Desmond Tutu, Mairead Maguire, Rigoberta Menchu Tum, Betty Williams and Jody Williams will engage in dialogue.

Moderator: Mary Robinson

Leadership in the peaceful resolution of conflict requires both an understanding of differences and an appreciation of our common humanity. It combines a sense of responsibility for others with faith in the power of individuals to shape institutions and create positive change. It also requires working with others to share efforts, create new possibilities, and bridge differences. In this inspiring dialogue, six Nobel Peace Laureates – including the Dalai Lama, Desmond Tutu, Jody Williams, Mairead Maguire, Rigoberta Menchu Tum and Betty Williams – will discuss their own motivations, their experiences of connecting for change, and their perspectives on our human responsibilities at the present time.

Educating the Heart: Creativity and Well-Being and Heart-Mind Education

Tuesday, September 29, 2009 - 08:30
The Orpheum Theatre

Ticket Price(s): \$60, \$100, \$125, \$150, \$200

Purchase tickets through Ticketmaster

Creativity and Well-being: The Dalai Lama, Sir Ken Robinson, Daniel Siegel, the Blue Man Group, Eckhart Tolle and Murray Gell-Mann will engage in dialogue.

Moderator: Matthieu Ricard

Heart-Mind Education: The Dalai Lama, Clyde Hertzman, Kim Schonert-Reichl, Stephen Covey, Mairead Maguire and Adele Diamond will engage in dialogue.

Moderator: Martha Piper

Women & Peace-building

Tuesday, September 29, 2009 - 13:00
The Orpheum Theatre

Ticket Price(s): \$60, \$100, \$150, \$175, \$200

Purchase tickets through Ticketmaster

Dalai Lama in discussion with Maria Shriver

Panel Discussion with Kim Campbell, Jody Williams, Fazle Hasan Abed, Swanee Hunt, Ela Bhatt, Sakena Yacoobi. Moderated by Susan Davis.

Women play a vital but often unrecognized role in advancing peace. The summit will bring together leaders from across the spectrum of education, arts, politics, business, philanthropy, and community activism, to explore and share the many ways that women are creating a more compassionate and peaceful world - in their families, communities and in the world.

Luminaries to consider the profound impact of creative thinking

Can creative thinking enhance personal fulfillment and lead to a kinder and more peaceful world? And exactly what is creative thought and its role in nurturing compassion and education of the heart?

These are some of the questions an eminent panel will consider on Tuesday, 28 September at the Creativity and Well-Being dialogue, held at the Orpheum Theatre in Vancouver. Tickets are available at Ticketmaster.ca. The

Dalai Lama will join some of the world's most inspiring intellects including Sir Ken Robinson, Daniel Siegel, the Blue Man Group, Eckhart Tolle, Murray Gell-Mann and Matthieu Ricard to explore the topic.

This panel will consider creative thinking and its importance in building peace and a moral global society. The participants will discuss how the creative process can become an effective resource in harvesting the wisdom of the heart and cultivating emotional balance.

Ken Robinson, a recognized expert in the field of creativity and innovation, comments that when people are doing something that resonates with them personally and draws on their own aptitude, it is transformative. They achieve “flow”, or come to reside “in the zone”; they are absorbed to such a degree that it becomes a holistic experience. “It speaks deeply to our sense of fulfillment,” says the author of *All Our Futures: Creativity, Culture and Education*, who Queen Elizabeth II knighted in 2003 for his services to the arts and education.

One way of defining creative thinking, suggests **Murray Gell-Mann**, a prominent scientist who received the 1969 Nobel Prize in physics, is when you liberate yourself from confined thinking. “A selective letting go takes place,” similar to that which occurs in meditation, he noted recently. “In creative work you have to let go of preconceptions. In meditative states, letting go is a very important part; it’s also very important part of compassion; you have to let go of hindrances.”

Moving into a state of letting go of preconceived notions into a state of “not knowing,” is important says panelist **Eckhart Tolle**, the spiritual leader who wrote the internationally-best seller, *The Power of Now*.

“So, when you can be at ease with not knowing, you have already gone beyond the mind. A deeper knowing that is non-conceptual then arises out of that state,” Tolle writes.

“Artistic creation, sports, dance, teaching, counseling — mastery in any field of endeavor implies that the thinking mind is either no longer involved at all or at least is taking second place.”

Matthieu Ricard is a French biochemist turned Buddhist monk who has received a number of awards for his humanitarian efforts. Ricard, who will moderate Tuesday morning's panel, says that when a person achieves a state of flow, they experience emotions of happiness, kindness and compassion. The theory that creative thinking is a critical element to furthering and enhancing our life is shared by Daniel Siegel, the Executive Director of the Mindsight Institute. Siegel, an educator and psychiatrist, purports that cultivating creativity in schools opens students to new possibilities, transforms neural circuits and ways of thinking. “A learner becomes filled with passion and the mind is awakened to find true fulfillment, engender feelings of compassion, and promote kindness and peace.”

Chris Wink is a co-founder of the Blue Man Group, a creative organization that sprang from “an outrageous idea” and has since grown to include theatrical shows and concerts and an innovative elementary school. He believes that the 21st Century will require creative thinking to survive and thrive. “The problems facing the planet will require creative approaches to compassion; creativity that will deal with global issues.”

Join these creative thinkers at the Educating the Heart session of the Vancouver Peace Summit, presented by the Dalai Lama Center for Peace & Education. For more information, visit the DLC website.

Women affecting change

VANCOUVER – “There cannot be any excuse for not removing poverty. The priorities have to change. The resource allocations have to change. Policies have to change.”

With this conviction, **Ela Bhatt**, the founder of the Self-Employed Women's Association (SEWA), has set out to empower women in India by supporting them in their efforts to become financially independent and autonomous through their own labour.

Ela Bhatt is one of the speakers appearing at the Women and Peace-building dialogue on Tuesday, September 29, at the Orpheum Theatre. She will be joined by **The Dalai Lama, Fazle Hasan Abed, Kim Campbell, Jody Williams, Maria Shriver, Ashley Judd, Swanee Hunt and Susan Davis**.

The former Indian parliamentarian has been guided by Mahatma Gandhi's stance that only local employment and self-reliance will lift people out of poverty. As a determined entrepreneur who believes in the force of a grass-roots movement, she has built SEWA, India's largest single trade union, to a membership of 1,000,000. The women labourers are vegetable and garment vendors, in-home seamstresses, head-loaders, bidi rollers, paper pickers, construction workers, incense stick makers, and agricultural workers.

“Self-reliance is self-sufficiency financially ... You decide and you manage in making decisions, in managing your own affairs. That is, in very specific terms, what we mean by self-reliance.”

SEWA's goal is full employment, which means employment whereby workers obtain work security, income security, food security and social security (at least health care, child care and shelter). “Let us guarantee a living income, provide social protection, ensure decent work and most important, build communities,” Bhatt has declared.

In order to help achieve these goals, Bhatt established the Cooperative Bank of SEWA, founded in 1974 by 4,000 women each contributing ten rupees. Called a “gentle revolutionary,” Bhatt is also the founder and chair of Sa-Dhan (the All India Association of Micro Finance Institutions) and founder-chair of the Indian School of Micro-finance for Women.

“Through their own movement women become strong and visible. Their tremendous economic and social contributions become recognized.” The result, as Bhatt has shown us, is the alleviation of chronic deprivation, poverty, injustice and the realization of social change.

Fazle Hasan Abed is another luminary who shares Bhatt's viewpoint that poverty must be tackled through the organization of the isolated poor and by finding practical ways to increase their access to resources, support their entrepreneurship, and empower them to become active agents of change. Abed is the founder and chair of BRAC, formerly known as the Bangladesh Rural Advancement Committee, one of the largest non-government development organizations in the world.

“No human being should be in dehumanizing poverty for any time. And we would like to break the cycle of poverty into a cycle of human existence,” Abed has vowed.

Under Abed's leadership, BRAC has taken an holistic approach towards combating social, economic and political inequalities by introducing innovative initiatives in health care, education, income generation, population control and microfinance. BRAC is currently active in 70,000 villages of Bangladesh connecting with an estimated 100 million poor and the organization is also on the ground working in Afghanistan, Africa and Sri Lanka.

Women and girls have been the central analytical lens of BRAC's anti-poverty strategies. The organization has introduced programs and initiatives that have enabled 3.8 million women, the backbone of BRAC's organization, to establish village microfinance organizations that have disbursed more than \$1 billion in loans. These loans have allowed women to create small businesses, poultry farming, cow rearing, and dairy farming, and in the production of iodized salt, which helps prevent goiter.

Abed, formerly a Corporate Executive at Shell Oil, strongly believes that poverty cannot be eradicated without the reconstruction of gender role in the society. Empowerment of women is a precondition for sustainable poverty alleviation. He has been tireless at promoting a development culture with women at the forefront of all activities, be it micro-credit, health, or education.

Espousing Peace

His Holiness the **Dalai Lama, Archbishop Desmond Tutu, Matthieu Ricard and Eckhart Tolle** will meet on Sunday, September 27, at the Chan Centre to engage in a discussion on World Peace through Personal Peace.

Much has been written about the two elder world statesmen, the peace-mongering world-beloved spiritual leader of Tibetan Buddhism, and the Archbishop, a stalwart defender of human rights and masterful conciliator and mediator. Their own close relationship is renowned and many are moved by their spontaneous show of affection for each other. Tutu once commented on his friend, the compassionate leader: “Isn't it extraordinary, in a culture that worships success, that it isn't the aggressively successful, the abrasive, the macho, who are the ones that we admire. We might envy their bank balances, but we do not admire them. But we revere the Dalai Lama.”

But what about the two other panel members – a molecular biologist turned monk, who has been dubbed the “happiest man in the world,” and a quiet individual, who at 29 experienced a profound inner transformation, which led to teachings that have, in turn, inspired millions searching for personal peace and greater fulfillment.

What will they bring into the conversation, drawing from their life journeys and lessons learned?

Ricard came from a privileged background, growing up among the personalities and ideas of Paris' intellectual and artistic circles. He completed a doctoral thesis in 1972 at the Pasteur Institute under the supervision of Nobel Laureate Francois Jacob. He left behind the western world and headed to the Himalayas to become a monk, studying various oral and practice lineages of Tibetan Buddhism. In all, he studied with 50 great teachers, including Dilgo Khyentse Rinpoche.

The scientist monk, who is a best-selling author and photographer of stunningly beautiful images, has chosen to pursue happiness, both at a basic human level and as a subject of inquiry. The attainment of true happiness, Ricard has said, requires the same type of rigorous training and dedication that other serious pursuits demand.



The Vancouver Island Diet

ON THE GARDEN PATH Carolyn Herriot

ORGANICS

I FEEL INCREDIBLY inspired and encouraged by all the efforts of Vancouver Islanders to increase local food security this year, yet I can't help but think that we need a plan to move from providing five percent of the food we consume to 50 percent, the rate currently enjoyed by the rest of BC.

Before we begin, we need to know if we have enough farmable land on Vancouver Island and the outlying islands to make sure that a goal of 50 percent food security is feasible. The current population of Vancouver Island is 734,860; in order to maintain current American dietary standards, we need

and supporting the local farming community means we eat REAL food, food that has been grown in healthy soils and allowed to sun ripen. This is how we protect ourselves against the onslaught of cancer and neurological problems, using natural phytonutrients in our food as our defence.

By 2040, the number of people older than 65 will double to 1.3 billion, accounting for 14 percent of the total global population. For the first time in history, the old will outnumber the young, a fact that could slow economic growth in both rich and poor countries alike. If our new mantra was 'let food be thy medicine,' we could prevent the bankruptcy of our healthcare system.

Tests at a US Department of Agriculture (USDA) lab in Maryland

show that greens grown in greenhouses lack the antioxidants

essential for maintaining good health.

1.2 acres of farmable land per capita population. This could be cut back to a half-acre if we reduce our meat consumption and adopt a more vegetarian/vegan way of eating. By quantifying farmable acres, we'd familiarize ourselves with the land that we need to protect from speculation and development, in order to feed ourselves.

We are fortunate to live in a cool, temperate climate, with Mediterranean-type summers and mild winters where we can grow food year-round. We are also fortunate that we have a solid core of community-minded people who understand the imperative of getting more food in the ground. When we shift from a social norm that encourages rugged individualism and competition to one that inspires cooperation, collaboration and community (the 3 Cs), we'll be able to make the shift to a Vancouver Island Diet more easily.

We could launch a 'REAL' food campaign – it just so happens that REAL stands for regional, environmentally responsible, agricultural land use. Tests at a US Department of Agriculture (USDA) lab in Maryland show that greens grown in greenhouses lack the antioxidants essential for maintaining good health. The glass blocks the UVB-band in sunlight that prompts lettuce and other crops to make antioxidants outdoors.

This is how we market the REAL food campaign: growing our own food

And a new approach endorsing preventative health care – making it the individual's responsibility to eat the right foods to achieve optimum health – would mean we would shift from depending on pharmaceuticals to living well.

So who's going to grow all this food and where is the land going to come from? Farmers require secure land access so restrictions could perhaps be tightened on the future purchase of land that has been zoned as agricultural. A clause requiring that a minimum of 10 percent of the land be farmed would put a lot of land back into food production. For landowners who do not wish to farm, extending long-term leases to tenant farmers would get the next generation of farmers back on the land and the landowner could receive farm tax credits as a reward.

The Vancouver Island Diet mitigates the unknown effects of climate change, the economic recession and the swine flu pandemic. It creates both community and greater food security through ensuring that our neighbours are fed. It also means greater prosperity as we reclaim our right to good health and benefit from the power of community. What are we waiting for?

Carolyn Herriot is author of *A Year on the Garden Path: A 52-Week Organic Gardening Guide*. She grows *Seeds of Victoria* at the Garden Path Centre. www.earthfuture.com/gardenpath

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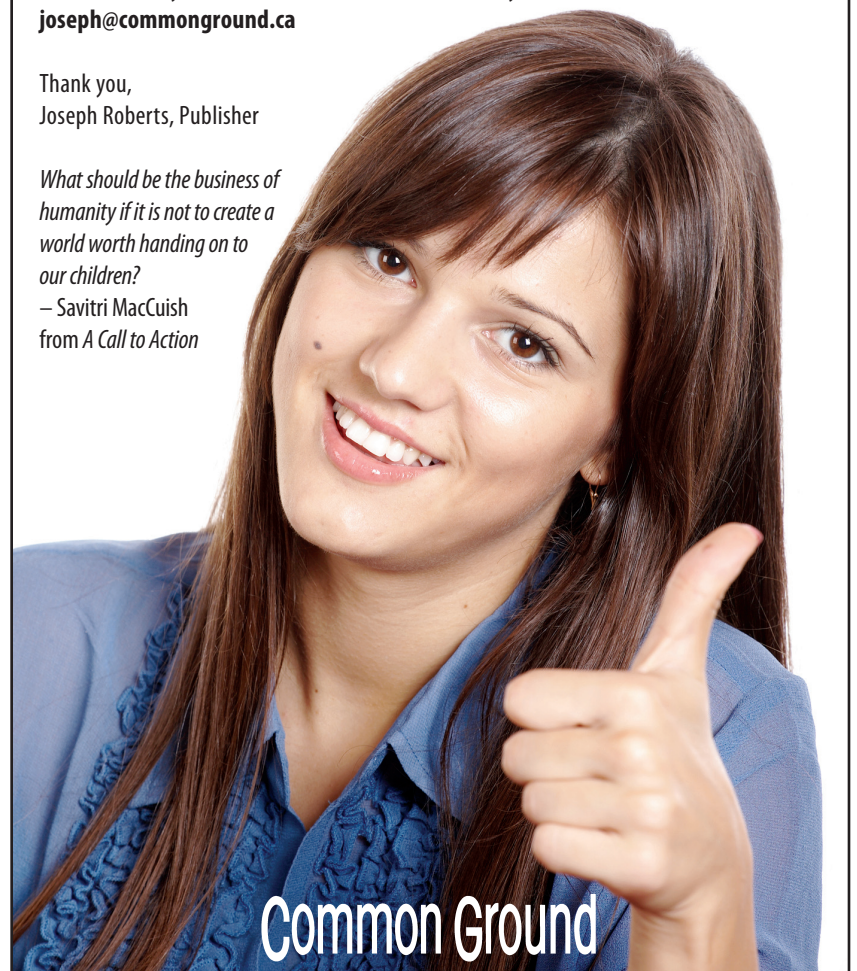
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What should be the business of humanity if it is not to create a world worth handing on to our children?

– Savitri MacCuish
from *A Call to Action*



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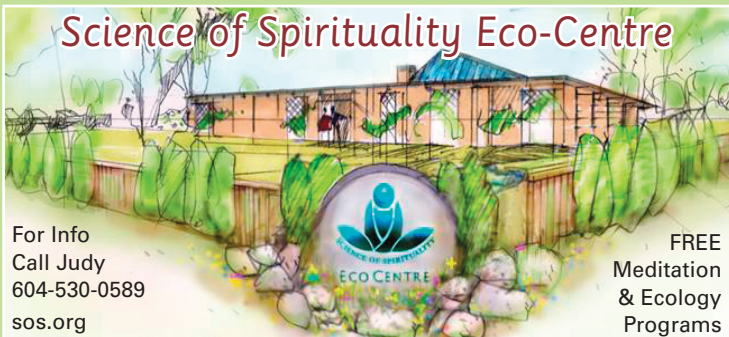
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Climate change wish list

EARTHFUTURE Guy Dauncey

BACK IN JUNE, I invited *Common Ground* readers to send me their best ideas on how to tackle global warming. You responded and I will forward them to the Premier, as promised. Your responses were mostly quite achievable, if we could only organize the political support to make them a reality. You had visions of wind turbines along the road from Hope to Agassiz and along the west coast of Vancouver Island. You wanted to see high school automotive programs that convert cars to electricity and initiatives to reduce the number of cars in urban areas, coupled with far more investment in public transit, biking and walking.

You wanted all new houses to be built with solar hot water on the roof, efficient light bulbs and a single switch that turns off all non-essential lights and appliances when you leave the building. You wanted

for oil and gas, leaving it in the ground for a future day when technology will have advanced and it can be burnt in a carbon-free manner.

You also wanted BC to stop exporting coal from Roberts Bank and Prince George until carbon sequestration technology is available. How can we go on mining and selling coal while claiming that we want to stop global warming? It's like being publicly opposed to slavery while continuing to sell slaves on the side.

These are challenging thoughts that make total sense, even if they require us to ask how we would retrain the 3,000 workers in BC's coal industry, compensate the companies and help the coal-mining communities build new, more sustainable economies.

Looking further afield, you want to see a country-wide Canadian Energy Grid built that could help make Canada

Your responses were mostly quite achievable, if we could only organize the political support to make them a reality.

incentives to be available for people to install solar panels, as there are in Germany, and in areas with water-shortages, you wanted all new houses to be built with Earthship technologies that save water and energy.

You wanted people to use smaller washing machines and super-efficient dual flush toilets. You wanted the exercise machines in gyms to be equipped to generate energy and you wanted education and legislation that would encourage people to eat a more vegetarian and vegan diet, with more local food. You expressed the desire for a spiritual revolution to convince people that they don't need all their swimming pools, second and third cars and fancy imported clothes.

Stepping outside, you wanted to see people planting zillions of trees along our highway corridors, boulevards and medians, in industrial parks and in their own gardens. You made the intelligent point that it's a whole lot cooler under trees and with hotter summers coming, it only makes sense to plant more of them, especially since trees store carbon.

You expressed support for a carbon tax, but you preferred that we use the income to pay for free home audits and subsidies for solar equipment and other carbon-reducing measures, rather than giving it back as a tax-break.

Moving up the scale towards the bigger issues, you wanted BC to stop drilling

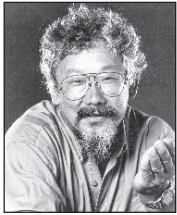
self-sufficient in energy without the need for fossil fuels, nuclear power or the Tar Sands, using green electricity to expand light rapid transit, high speed trains and electric vehicles, with local manufacturing of solar, tidal and wind turbines.

Looking immediately ahead, you suggested that the Olympic Games be either cancelled or scaled down, making it an athletes-only games with a far smaller carbon footprint, as part of a message to the public that we need to engage with far more seriousness in tackling climate change.

How can all this be done? You called for a coalition government to be formed with the New Democrats so that we can begin working together to plan the scale of popular mobilization that is needed.

Around the world, many of these things are beginning to happen, but oh, on such a small scale and in so few places. What will it take for the whole world to wake up and realize not only how excruciatingly urgent the climate agenda is, but how amazing the task of rebuilding our world will be, as we fashion a sustainable world beyond fossil fuels? We sit on the cusp of such an incredible future – or such a disaster.

Guy Dauncey is president of the BC Sustainable Energy Association (www.bcsea.org). Your membership can help make these dreams come true.



New economic paradigm

SCIENCE MATTERS David Suzuki with Faisal Moola

ENVIRONMENT

I'VE HEARD economists boast that their discipline is based on a fundamental human impulse: selfishness. They claim that we act first out of self-interest. I can agree, depending on how we define self. To some, 'self' extends beyond the individual person to include immediate family. Others might include community, an ecosystem or all other species.

I list ecosystem and other species deliberately because we have become a narcissistic, self-indulgent species. We believe we are at the centre of the world and everything around us is an opportunity or resource to exploit. Our needs or demands trump all other possibilities. This is an anthropocentric view of life.

Thus, when faced with a choice of logging or conserving a forest, we focus on

countrysides, cities and economies. So they tried to devise solutions. They pegged currency to the American greenback and looked to the (terrible) twins – the International Monetary Fund and the World Bank – to get economies going again.

The post-war era saw amazing recovery in Europe and Japan, as well as a roaring US economy, based on supplying a cornucopia of consumer goods. But the economic system we've created is fundamentally flawed because it is disconnected from the biosphere in which we live. We cannot afford to ignore these flaws any longer.

Flaw #1: Beyond its obvious value as the source of raw materials – fish, lumber and food – nature performs all kinds of 'services' that allow us to survive and flourish. Nature creates topsoil, the thin skin that supports all agriculture. Nature removes carbon dioxide from the

We are witnessing the collision of the economic imperative to grow indefinitely with the finite services that nature performs.

the potential economic benefits of logging or not logging. When the economy experiences a downturn, we demand that nature pay for it. We relax pollution standards, increase logging or fishing above sustainable levels, or, as the federal government has decreed, lift the requirement of environmental assessments for new projects.

A fundamentally different perspective on our place in the world is called biocentrism. In this view, life's diversity encompasses all and we humans are part of it, ultimately deriving everything we need from it. Viewed this way, our well-being, indeed our survival, depends on the health and well-being of the natural world. I believe this view better reflects reality.

The most pernicious aspect of our anthropocentrism has been to elevate economics to the highest priority. We act as if the economy is some kind of natural force that we must all placate or serve in every way possible. But wait! Some things, like gravity, the speed of light, entropy and the first and second laws of thermodynamics, are forces of nature.

But the economy, the market, the currency – we created these entities and if they don't work we should look beyond trying to get them back up and running the way they were. We should fix them or toss them out and replace them.

When economists and politicians met in Bretton Woods, Maine, in 1944, they faced a world where war had devastated

atmosphere and returns oxygen. Nature takes nitrogen from the air and fixes it to enrich soil. Nature filters water as it percolates through soil. Nature transforms sunlight into molecules that we need for energy in our bodies. Nature degrades the carcasses of dead plants and animals and disperses the atoms and molecules back into the biosphere. Nature pollinates flowering plants.

I could go on, but I think you catch my drift. We cannot duplicate what nature does around the clock, but we dismiss those services as externalities in our economy.

Flaw #2: To compound the problem, economists believe that, because there are no limits to human creativity, there need be no limits to the economy. But the economy depends on having healthy people and health depends on nature's services, which are ignored in economic calculations. Our home is the biosphere, the thin layer of air, water and land where all life exists. And that's it; it can't grow. We are witnessing the collision of the economic imperative to grow indefinitely with the finite services that nature performs. It's time to get our perspective and priorities right. Biocentrism is a good place to start.

It's time for a Bretton Woods II.

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Journalism in the 21st Century

INDEPENDENT MEDIA Steve Anderson

CULTURE

The social media wave

WHICH DO YOU find more engaging: reading an article in a newspaper or having a conversation about it with a friend afterwards? This is the question journalists, editors and media executives should be asking themselves as they try to navigate through the current crisis in journalism. If you're like me, you find conversation about current events more interesting than the consumption of news.

It appears that the Internet is facilitating an increase in expression, collaboration and conversation, which although unevenly dispersed, is unmistakable. The current crisis in big business, coupled with the explosion of personal expression through online media, is fundamentally transforming journalism practices and giving way to the emergence of a more participatory form of journalism.

A new relationship between journalists and audiences

NYU journalism professor Jay Rosen calls this new form of journalism "pro-am," short for professional and amateur. According to Rosen, "The pro-am approach looks for the hybrid forms that combine substantial openness with some controls." Those controls come in the form of journalists acting as facilitators of collaborative "crowd sourced" journalism. Rosen maintains that pro-am or participatory journalism won't replace traditional newsrooms, "but if taken seriously and used properly, this pro-am model has the potential to radically extend the reach and effectiveness of professional journalism."

The *Guardian* newspaper harnessed its online community towards producing better professional journalism by inviting people to read through MPs' expense documents, normally considered a highly expensive and unlikely initiative. To date, 23,376 people have reviewed 204,477 pages for the *Guardian*.

Ingredients for participatory journalism

A Canadian example of this transformation in journalism can be found in perhaps the most unlikely of places – the *Financial Post*. The *FP*'s live blog coverage of the CRTC's traffic management hearing was facilitated by journalist Matt Hartley, who proved to be both a skilled online discussion facilitator and knowledgeable about the media and telecommunications industry. Hartley also added value to the hearing by inviting presenters to join the discus-

sion. Hartley kept the discussion open; all twitter chats that were appropriately tagged were automatically fed into the conversation and messages were posted quickly.

The *FP*'s coverage was successful as a result of the three basic ingredients necessary for engaging participatory journalism:

- Good facilitation (skilled, respected, knowledgeable)
- Value (informative and relevant content)
- Openness (provides open access via numerous points of entry)

Ownership matters

It could be a long wait indeed before big corporations become purveyors of open, transparent and participatory journalism. As Rosen put it when talking about the journalism system, "If you know how the old one fell apart, it's easier to put something new together." Keeping in mind that the greed of big media is largely responsible for the crisis in journalism, we can focus squarely on new independent and public projects.

One recent media success story

is TVO's *The Agenda: On the Road*, which ran a series of discussion panels that were hosted in local communities and focused on local issues. The show went one step further by allowing participants or "the audience" to drive the direction of the discussions.

logue. While some enlightened media outlets have taken up the challenge of reinventing journalism, apart from the prematurely cancelled *ZED* series and *Exposure*, the CBC and many other socially mandated media outlets have yet to take full advantage of online

The *Guardian* newspaper harnessed its online community towards producing better professional journalism by inviting people to read through MPs' expense documents.

Through the "unconference" and other social media tools, the show collected citizen input and acted upon it. According to Mark Kuznicki, a social media and community management consultant involved in the series, "TVO is mixing the best of old and new media to stimulate a higher level of citizen engagement."

Who will lead?

The public wants more participatory forms of media and we can't trust that large corporations, with their matrix of commercial and ideological interests, can effectively curate democratic dia-

media tools.

The media terrain is in the process of being renegotiated and public service media organizations should be at the forefront.

Steve Anderson is the national coordinator for the Campaign for Democratic Media. He contributed to *Censored 2008* and *Battleground: The Media*, and has written for *The Tyee*, *Toronto Star*, *Epoch Times* and *Adbusters*. Reach him at: steve@democraticmedia.ca, www.FacebookSteve.com, www.SteveOnTwitter.com



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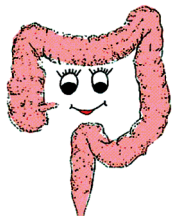
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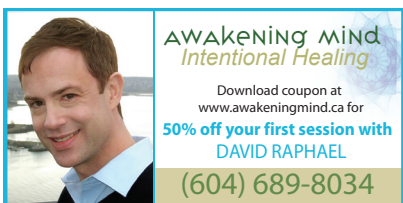
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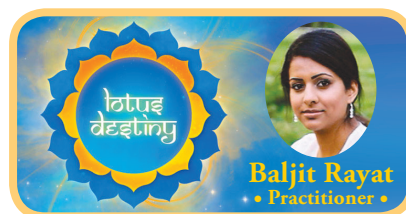
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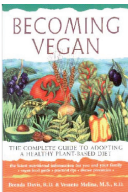
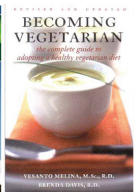
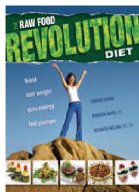


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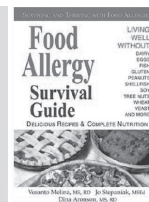
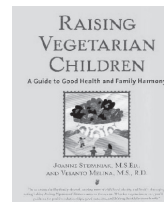
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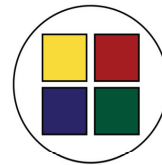


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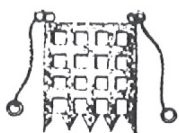
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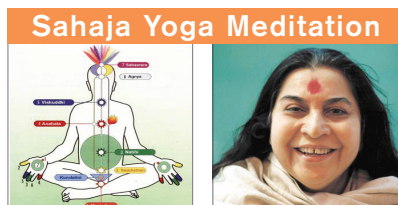
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Some things have to be believed to be seen.
 - Ralph Hodgson

Risk! Risk anything! Care no more for the opinions of others, for those voices.
Do the hardest thing on earth for you. Act for yourself. Face the truth.
 - Katherine Mansfield

Welcome to Village Vancouver

**Talk to your neighbour.
See what happens...**

by Kathie Wallace and Ross Moster

WE WANT to spread the good news of neighbourhood-based individual action. What have you created this summer and what do you dream of doing next year? What do you like the most about living in your neighbourhood? What essential components make your community the place you love to live in? Please blog us at www.villagevancouver.ca

In my village

The Laura Jamieson Housing Co-op (LJHC) is a dynamic and engaged community and a real example of how a village can thrive within a city. Members collectively own and democratically operate the LJHC. Participation is important and everyone has an opportunity to contribute in his/her own unique way. All members have an equal say in the operation and management of the co-op, including issues such as maintenance, grounds-keeping, finances and sustainability.

We are a diverse community, which brings a broad range of perspectives and encourages a culture of inclusivity and respect. As people do in a small village, we help each other in times of need. When an elderly couple moved into a smaller suite, more than 12 members showed up to help them with their move. Co-op members use common spaces for informal gatherings and socializing; events such as potlucks, kids' parties, Spring Fling work parties and exchanges of goods and resources strengthen our social fabric. We also host a summer block party to celebrate our community and to connect with outside neighbours. Everyone contributes to the community, which makes our village a great place to live.

— Jamie Cowan and Lena Soots, *Grandview*

In the garden

The Two Block Diet turns our own neighbourhood into the place where we grow our own food. It started as a conversation between two neighbours about supporting each other to grow more food. From there, the initiative blossomed into a core of 10 households, along with a healthy following of interested sideliners. Our core organizing strategy consists of regular, voluntary work parties. Each week, we visit a neighbour's gar-



photo: Peter Sircom Bromley

Entrance courtyard of the Laura Jamieson Housing Co-op

den and tackle a project. We all greatly value the shared experience of giving where "many hands make light work" and equally as importantly, we all take a turn on the receiving end. Together, we have built a greenhouse, raised an army of tomato plants from seed, built an herb wall, cleared an astounding pile of tree branches, added a hive of Italian bees and applied for a grant for a cooperative composting bin. These are only some of the countless benefits of working with, and getting to know, the people who share our street. See twoblockdiet.blogspot.com

— Julia Hilton and Kate Sutherland, *Little Mountain*

Salons: community conversations

At a salon, people gather to talk about interesting subjects. Whoever shows up, it is a space where all opinions are heard and everyone is listened to. Salons are easy to start and the open interaction can lead to community action. They are also a great way to make new friends and be entertained without spending a lot of money or using fossil fuels.

Salon d'Elan Vital (life force) is a local community-building salon in Kitsilano. Now in its third year, it is dedicated to good food and thoughtful conversation. Previous topics have focused on arts and culture, the health and well-being of individuals and the community, and social and environmental justice. Sd'EV has evolved to include potlucks, film nights and drop-in spaghetti nights and it has inspired others to create their own spaces for salons. The media artists' nonprofit group (IMAPON) and Village Vancouver evolved, in part, out of Sd'EV.

Recent salons on "The future ain't what it used to be: Envisioning sustainable scenarios in Vancouver and beyond" resulted in a group of people (many of whom didn't know each other previously) presenting a proposal on urban farming that was passed unanimously by the North Vancouver city council. Contact us for help with starting a salon in your neighbourhood.

At Village Vancouver, we look forward to hearing your stories of what's growing in your neighbourhood. Blog us at www.villagevancouver.ca



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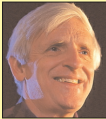
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World Peace Day - September 21
www.un.org/events/peaceday/2009

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FALL EVENTS

 **MATTHEW FOX**
Hidden Spirituality of Men Sept. 1
 7:30pm, Can. Memorial, 15th/Burrard

ANDREW HARVEY
Rumi as the Poet of Sacred Activism Oct. 8
 7:30pm, Can. Memorial Church

 **DAVID SPANGLER**
Engaging Inner Worlds: The Second Ecology Nov. 13/14

JAI UTTAL & DANIEL PAUL
An Evening of Kirtan Nov. 19
 7:30pm, Can. Memorial

...for complete events info
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SEPT 4
Meditation for Planetary Peace on the Full Moon,
 Friday, September 4th at 7:30 PM. 2950 Laurel St,
 Vancouver. www.pranichealing.ca/vancouver.htm

SEPT 6
Raw Food Chef Certification! Our fundamental
 course teaches how to go raw and make delicious
 meals! 8-course meal served! 2-6pm \$150.
 Call: 778.839.8424 www.rawfoundation.ca

SEPT 11
Healthy Snacks! Learn which snacks to eat between
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 pack in your lunch, or your child's lunch everyday!
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 Call 778.839.8424. www.rawfoundation.ca

SEPT 12
Shamanic Drumming & Dreaming Circle: Sat.
 7-10pm. 'Dreamtime Journeywork' for Insight/healing
 with your Nature Spirit guardians. Vancouver Multi-
 Cultural Society, 1254 W. 7th. Donation.
 Earthsong Healing Circles. 604-418-9636.
www.shamanichealing.info

SEPT 14
Genuine Progress Index Pacific presents Marilyn
 Waring's film "Who's Counting? Sex, Lies and Global
 Economics". Ellen Woodsworth, City Councillor; Cynthia
 Oka, Vancouver Status of Women discussing Value of
 Unpaid Work. 7-9pm, VPL Central Branch,
www.gpipacific.org. Free.

SEPT 18
Course in Miracles teacher Gary Renard presents an
 evening lecture: "Fearless Love," 7:15 pm, The Victoria
 Truth Centre, 1201 Fort St. Tickets \$30/advance, Instinct
 Gifts & Ivy's Books. Email Jewel@OnlyLoves.org,
 250-370-1380, www.OnlyLoves.org

SEPT 19
Wolfsong Chanting Circle - Autumn Equinox
 Celebration: Sat. 7-10pm. Participate singing shared
 sacred healing chants from the Spirit of the Land.
 Vancouver Multi-Cultural Society, 1254 W. 7th. By
 donation. Earthsong Healing Circles. 604-418-9636.
www.shamanichealing.info

SEPT. 20
Course in Miracles teacher Gary Renard presents
 the seminar "Love Has Forgotten No One," Masonic
 Building, 1495 W. 8th Avenue, 10-4 pm, Tickets \$115
 Banyen Books or call 604-298-4011. \$125/door.

SEPT 24
Raw Food Chef Certification! Our fundamental
 course teaches how to go raw and make delicious
 meals! 8 course meal served! 6:30-9:45pm, \$150.
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SEPT 24, 26 & 27
3-Day Intensive Raw Food Chef, Coach Instructor-
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 fundamental course teaches how to go raw and make
 delicious meals! L2 Sep 26 + 27- Extensive gourmet
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 teach, have own business & website. Max 6 students.
 Investment \$ 895 Early Bird Discount -SAVE \$50 Book
 by Sept 7. Call 778.839.8424.
www.rawteacher.com/missjanice

SEPT 25
Dr. Rogers Prize Colloquium - Free event.
 1-4:30pm, Morris J. Wosk Centre for Dialogue, SFU,
 downtown campus. Registration by reservation request.
 Dr. Rogers Prize Award Gala, 6pm, Fairmont Waterfront
 Hotel, \$150. Info/registration for both events:
www.drrogersprize.org

SEPT 26
At The Crossroads - Deepening with the Dark Moon:
 shadowwork, divination, triple Goddess. Magical
 experience required. 6:30-9:30, \$20
shadowmf@telus.net

SEPT 26 & 27
Raw Food Instructor Certification- Teach What
 You Love! Extensive gourmet meals, sprouting,
 dehydrating, coaching. Opportunity to teach, have own
 business & website. 11am-7pm, \$745. Prerequisite: Raw
 Food Chef Certification (Sept 6 or 24) 778.839.8424.
www.rawfoundation.ca

SEPT 26-29
Vancouver Peace Summit 2009: Nobel Laureates
 in Dialogue Summit. The Dalai Lama Center for Peace
 and Education is honoured to host His Holiness the
 Dalai Lama and numerous Nobel Laureates, including
 Archbishop Desmond Tutu, in Vancouver at the Chan
 Centre for the Performing Arts and the Orpheum
 Theatre. Tickets through www.ticketmaster.ca
 Info: www.dalailamacenter.org

OCT 2
Rapture On Raw Desserts! Find out how easy it is
 to make treats that you will not believe are good for
 you! Delicious guilt free: Brownies, Icing, Torte, Truffles,
 Cream Pie, Milkshakes & Pudding that will have you
 appreciate this sweet life! 6:30-9:45pm - \$75
www.rawteacher.com/missjanice Call: 778.839.8424.

OCT 2-4
"The Art of Presence" Retreat: Victoria (Metchosin),
 with Eckhart Tolle DVDs, beautiful oceanfront setting
 (www.swanwickcentre.ca).
 Contact: swanwick@shaw.ca, 250-744-3354.

OCT 3
Core Belief Engineering two-day Doorway to
 Success: Explore and experience CBE. Day One: theory /
 exercises; Day Two: your own private transformational
 session. 604-536-7402 www.corebelief.ca

OCT 7-12
Silent Meditation Retreat, Awakening the Spiritual
 Heart -Hridaya- on Galiano Island, lead by world
 renowned Claudiu Trandafir. 778-829-9628, www.agamayoga.ca,
vancouver@agamayoga.ca

OCT 11
Raw Food Chef Level 1 Certification! Our
 fundamental course teaches how to go raw And make
 delicious meals! 8 course meal served! 2-6pm, \$150.
 Call: 778.839.8424. www.rawfoundation.ca

OCT 14-18
Core Belief Engineering five-day Basic Course.
 Mind-expanding personal transformation; first step of
 Practitioner Certification. White Rock 604-536-7402.
www.corebelief.ca / info@corebelief.ca

OCT 17-18
19th Annual Vancouver Health Show, Vancouver's
 largest try before you buy health event. Vancouver
 Convention Centre. www.healthshows.com

NOV 6-8
Thetahealing Basic course. Learn to create
 attainable miracles in your life. Live life on YOUR terms.
www.greenthumbhealing.com 604-715-0739.

NOV 8
ADAM DREAMHEALER Workshop "Intention
 Heals" - Experience unique group energy healings
 with Adam, international speaker, Molecular Biologist,
 author and gifted First Nations energy healer. Learn
 techniques to focus intentions, embracing your own
 healing power. All registration www.dreamhealer.com

NOV 14-25
Can You hear Machu Picchu Calling You? Walk
 The Ancient Shamanic Path In The Spiritual Mecca Of
 Peru with 6 Shamans and Medicine men.
www.healingnow.com sacredjourneys22@aol.com
 604-569-4733.

NOV 20-22
Fraser Valley Health & Wellness Show:
 Showcasing holistic products and practitioners to
 support conscious living. info@fvhealthshow.com,
 604-793-7086. www.fvhealthshow.com

SATURDAYS

Crystal Meditations & Healing Circles 3rd
 Saturday/month, 7-9pm Fort Langley, B.C. Vancouver
 location coming soon! www.crystalzaba.webs.com

SUNDAYS

Free, anonymous, telephone support line:
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SOS (Science of Spirituality): See Resource
 Directory listing in Spiritual Practices for schedule in

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www.unveiloursoul.com

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 September 15th & 22nd

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 *Last healing begins half-hour before closing

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www.pranichealing.ca/vancouver.htm

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Vancouver Peace Summit Sept 27 & 29

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Richmond, Vancouver & Victoria. 604-277-1247.
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TUESDAYS

Reflexology Student Clinic 6 – 10pm One hour sessions \$18. By appointment only. Pacific Institute of Reflexology (604) 875-8818
www.pacificreflexology.com

WEDNESDAYS

Align yourself with the positive energies of the Universe. Every Wednesday 6:30pm, YWCA, 535 Hornby St, 4th Floor, Skills Plus Room, 604-317-2747.

Hawaiian Medicine Circle 7pm Hawaiian guided meditation, Sharing the Aloha, tea and snacks. \$10 donation. At Hale Ola, 1215 Madison Avenue, Burnaby. 604-431-7474 Call Kamu Kaimana

FRIDAYS

"Destiny Dialogues" Free Talks First Friday of each month, experiential evening that explores the inter-connections between destiny and suffering, relationships, vocations, joy, teachers, character, nature, family, dreams. 7-9pm. 604-317-1613.

Give Peace A Chant! Energize yourself with the yoga of KIRTAN, Sanskrit call and response yoga chanting, healing mantras and sound vibrations in a friendly community setting. No experience necessary. New schedule: 1st, 3rd, and 5th Friday nights only, 7:30 pm, \$10-20 by donation, 2111 W. 16th Ave @ Arbutus, www.givepeaceachant.org

Just Dance! Three Fridays a month. Alcohol & smoke-free. 9pm, 2114 W. 4th Ave. @ Arbutus. \$10/5. www.justdance.ca

ONGOING

"The Fear of Dreaming" - Financial support needed for unique, creative, thought-provoking, community-based, independent film project. Visit us at www.thefearofdreaming.com

Incurable disease is hopeless. Heal drastically. Francis Ogura offers travel guide services to meet John of God, spiritual healer in Brazil. Phone: 604-464-5457 or E-mail: far_from_home@shaw.ca

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Unitarian kids believe in their ability and responsibility to make a difference in the world. Programs for kids 3 years and up, 370 Mathers St., West Vancouver, 604-926-1621, www.nsuc.ca

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COUPLES & SINGLES WORKSHOP

THE ART OF LOVING COMMUNICATION, Sept 26, 2:30-5:00pm, John Braithwaite Community Centre, North Vancouver. \$15. Call 778-987-6882. www.integralcounsellingbc.com

EDUCATION

VANCOUVER COLLEGE OF REIKI SCIENCES. Training, Support. Intensives, Individual, Distant. Reiki I \$175, Practitioner \$275, Advanced \$395, Master \$795. Aura Surgery, Chakra & Crystal Training. Manuals/Diploma. Pain & Stress Management Sessions. Call for personal treatments. Registered Teacher CRA. (604) 739-0042

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MEDITATION

SILENT MEDITATION TO THE SOUND OF OM. Every 2nd/4th Friday of the month. 7:30-8:30pm. Vancouver Sai Baba Centre, 1659 East 10th Avenue. (1/2 block west of Commercial Drive.) Everyone welcome. Free. No donations.

RETREATS

REVITALIZE – HEAL: Supervised water/juice fasting - serene location. The Fast Way to Heal for Life. Rewarding – Transforming. Call 603-926-3009.

SPA FOR THE SOUL! Queenswood Retreat Centre, Victoria. Individual or group retreats. Counseling, spirituality library, trails, bodywork, pool. www.queenswoodcentre.com, 250-477-3822.

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SPIRITUAL EMERGENCE SERVICE

FREE SUPPORT, INFORMATION AND REFERRALS for people experiencing psychospiritual challenges, spiritual awakening and non-ordinary or transformative states of consciousness. www.spiritualemergence.net, 604-533-3545.

TAI CHI CLASSES

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TAROT

VANCOUVER TAROT TRAINING INSTITUTE: Spiritual theory, practical training/supervised practice. Learn to empower clients. P/T or F/T career (certificate provided). Pain & Stress Management Sessions. Classes/individuals/correspondence/intuitive readings by phone or in person. 604-739-0042

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UPCOMING EVENTS

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Facilitator
Remi Thivierge
MSW RSW RMFT

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sophisticated, on one hand, and also get progressively more diluted on the other. So we're going to get a bigger range of offerings. I think its going to get more powerful that people can integrate it more into their lives in a much more effective way... There will be increasing hybrids of styles created: astrological yoga, yoga salsa, naked yoga, yoga for the kitchen, yoga-lattes (a mix of yoga and Pilates). That's all going to be expanding.

TW: The teacher-student relationship now in the West is different than in ancient time and also in that of different cultures. What are your thoughts on this shift?

JF: In general, in the past a teacher had one of the top positions in society so they were regarded as [being] pretty much up there with a priest. Therefore, they were given so much authority and power and the student really had to earn the right and the privilege to study with that person. In yoga, the relationship was much more a one-on-one relationship. Public classes really didn't start until the 1800s. Today in the 21st century, it's very common we teach dozens of students at a time. Sometimes I teach hundreds of students at a time. That would have never been done in history. The effect is that the relationship has diminished so the teacher is often regarded as more of a facilitator to guide them into certain physical movements.

What I'm endeavoring to do is to really place a greater clarity on the relationship, giving greater honour and power to the teacher, which the teacher earns, so as not to put someone in a place of power too prematurely. There's a proper protocol of how we behave in the classroom and out of the classroom and we don't see the relationship ending out of the classroom. I'm just the same in the classroom as I am out of the classroom. I understand my responsibility and endeavour to be the best person that I can, to be a good role model and also to be true to my heart. I treat all the students like that.

TW: What is one thing that all students of yoga will benefit from remembering?

JF: The most important thing to remember for all students is that the source of their unfolding and of the revelation of their own greatness and beauty is fundamentally coming from this big spirit that is within them and all around them. It's going to come from grace. And if you recognize that, it puts everything in perspective and the students can soften and become more sensitive to this life force that's flowing through all of us. That life force will guide us. I totally believe it and know it. If we can get sensitive with it, we'll find the way to our hearts so grace is the key. That's the most important thing to remember. Grace leads the way.

On Track Zodiac



SEPTEMBER 2009 Adrien Dilon



ARIES (Mar 21 – Apr 19)

We could all be less punishing of ourselves. In particular, you need to watch that you don't fall into a downward spiral of such behaviour. Sensitivity is lying just beneath the surface of what others perceive in you as superiority. The Ram will fight any duel; it need not be directed inward. You are a shining, scarlet diamond.



TAURUS (Apr 20 – May 21)

Try not to stick your neck out too far this month. To clean up your own back yard is the kindest advice as it keeps you focused on your own needs. Unless it's your actual job to assist a lot of people, keep things close to the vest and cherish what you have built.



GEMINI (May 22 – Jun 20)

Mergers and acquisitions abound and yet you need to steer away from certain commitments until next month. You may not get what you want when you want it, but the need for patience will be the key. Timing is everything now as you hold off and hold on.



CANCER (Jun 21 – Jul 22)

It seems as if you wake up each day and intend to be productive. You are excited at the prospects before you and how you might engage in a new way of doing things. "Seize the day" is not quite it, but rather "enjoy the game."



LEO (Jul 23 – Aug 22)

You may want to beautify your surroundings or perhaps yourself. The casual elegance you feel wearing a new suit or buying antiques or other such flights of fancy strikes a cord with you. You may want to indulge even if you only plant a tree; it all smacks of beauty.



VIRGO (Aug 23 – Sep 22)

Here is a novel idea: try not to control situations and you could find the magic therein. Release any hold you may have on anything you desire too much. Remember that what you resist will persist. Perhaps let go of your tendency to squeeze the flow and reconstitute old habits to make things go your way.



LIBRA (Sep 23 – Oct 22)

Pets, children, the elderly and those who can't fend for themselves will attract your attention. Your desire is to help those who have lost their way; now is the time to go out and be of service. Everything that is aligned to this purpose will show up for you.



SCORPIO (Oct 23 – Nov 21)

Anything that needs fixing or refurbishing may go as planned. If renovating is in your plans, stick to those projects that require only your creativity, rather than having to purchase anything. You could find that you change your mind completely this autumn and perhaps aren't ready for a switch just now.



SAGITTARIUS (Nov 22 – Dec 21)

You marvel at how well you "hung in there" through the last initiation that almost levelled you. Your self-esteem was measured on things that you have since found didn't reflect who you had sculpted yourself to be. Your personal presence has depth and balance.



CAPRICORN (Dec 22 – Jan 19)

We could all use a little R&R although that just might mean respect and responsibility – a self-awareness that brims with reward. There is a sacred place in your heart that now asks for calm and clarity. As you locate the source all is well in your world.



AQUARIUS (Jan 20 – Feb 19)

People may find that you are distancing yourself from them, especially when you talk in pronouns. The key is to remember names and places to show that you are doing your homework and have covered the groundwork required to get the job done. Your attention to detail will have great influence with essential colleagues.



PISCES (Feb 20 – Mar 20)

Change is upon you. New surroundings await your freedom-seeking personality. With your keen desire for fresh input, you seek and find, igniting thrills and also enticing others to wake up. The endless inner fantasy is replaced with substance.

Adrien Dilon is a clairvoyant consultant and author with 34 years of experience in astrology, multi-media art and healing, adrien.dilon@gmail.com.



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Naseem Gulamhusein, Yoga Teacher Training Program Coordinator



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